

# Better Homes and Gardens.

MARCH 2016  
BHG.COM \$3.99

## FALL IN LOVE WITH COLOR!

BRIGHTEN UP  
INSIDE AND OUT

OUR PALETTE OF  
THE YEAR

PICK COLOR LIKE  
A PRO

Easy  
Dinner  
Tonight  
*p. 82*

Boozy  
Root Beer  
Floats  
*p. 81*







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## LIFE IN COLOR

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Our Palette of the Year is vibrant but calm—and unmistakably joyful.

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— DEEP —  
**INTO**  
— THE HEART OF —  
**Texas**



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**PRODUCER:**  
JESSICA THOMAS

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# editor's letter

## setting the tone

For me, color is about context. Though I get the concept of a favorite, I never understand it when someone says they hate orange, or red, or brown. How can you hate a color? What about that orange sliver of sun setting over the Pacific or the red-on-red of a poppy or a devil's food cake dripping with chocolate? What's not to love?

When we started talking about our 2016 Color Palette of the Year, I have to admit I wasn't entirely on board. I couldn't reconcile pastel pink with strong blue, orange, and dark gray. But I knew I could trust the unerring eye of our style director, Jessica Thomas (that's us on set, *left*). And of course, now I love this set of colors (*page 110*). By adjusting proportions, you can take the look from bold and modern to warm and cozy.

At *BHG* we are known for our expertise with tints and hues—our tagline “Life In Color” sums that up. But we also realize that many readers like their walls a nice eggshell white (that must be why Benjamin Moore's color of the year is Simply White). We love how a family in Nashville turns an ordinary ranch house into a white-walled gallery for bold colors and oversize graphics (*page 128*). We take a peek into a New York apartment packed with carefree color and style (*page 34*). And we even put purple fruits and vegetables on the dinner table (*page 118*).

Every March we celebrate color, but you can keep coming back to our pages and website all year for a rainbow of ideas. After all, there are no bad colors, just good ones used badly.



STEPHEN ORR,  
*Editor in Chief*  
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### @BETTERHOMES ANDGARDENS

Time to put the  
**Color Palette of  
the Year** (*page 110*)  
to work! We're  
sharing loads of  
instas featuring the  
sweet shades:  
#BHGColor.

### BHG.COM/ PINGARDEN

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lightbulb trend,  
why it's OK  
to love ranch  
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grown-up, and tons  
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Susan Sarandon

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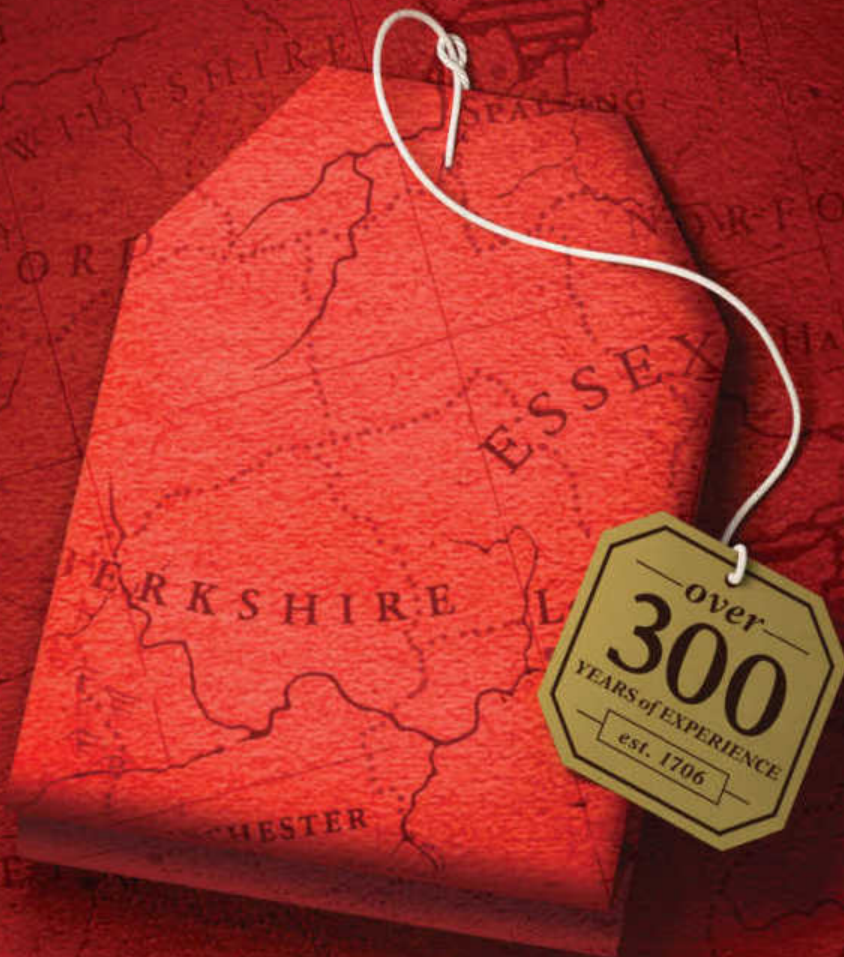






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# meet me *for a tippie*

Sune Goldsteen's shop and café is just the sort of laid-back, comfortable spot that makes Ojai such a charming destination.



On the back patio of a Spanish-style duplex, charcuterie boards, coastal wines, and friendly conversation offer an afternoon escape at the aptly named Tippie & Ramble. Owner Sune Goldsteen's aim is for her hybrid boutique/bar on a quiet street in Ojai, California, to feel like "your own backyard." Built-ins that once serviced a cooking school are now loaded with items like rosewood cheese boards, Moroccan wedding blankets, and vintage champagne glasses. The pleasingly random mix is highly personal—a selection of things Sune herself loves. "Fundamentally it comes down to 'If this never sells, would I want to keep it?'" she says. "That's kind of the criteria I have for everything that comes in." ■

## INSIDER GUIDE

*Capture a little of la vida Ojai with Sune Goldsteen.*



### CATCH A VIEW

Watching a sunset from Meditation Mount is one of Sune's must-dos, as is hiking some of the many trails in the Ojai foothills. "I do the Shelf Road Trail because it's good for dogs," she says.



### OJAI OLIVE OIL COMPANY

"I love driving out to the east end for an olive oil tasting. The area has beautiful orchards, and in the spring everything smells like orange blossoms."



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**MASCARA**

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**EYE PALETTE**

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**FOUNDATION**

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**FACE POWDER**

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**EYELINER**

Estée Lauder Double Wear Infinite Waterproof Eyeliner comes with a sharpener and stays put—no matter how much you swim or sweat. \$24; [esteelauder.com](http://esteelauder.com)

**CREAM SHADOW**

Buildable color: One layer goes gray, two make baby blue. Givenchy Ombre Couture in Bleu Céleste, \$26; [sephora.com](http://sephora.com)

# IN THE BAG

Spring brings the fresh colors, matte finishes, and long-wear formulas that you won't want to leave home without. Beauty director **Ellen Miller** selects the best.





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# getting ready with RYANE DELKA

The Kansas City-based co-CEO of Silpada Designs, mom of three, and style expert primps for a much-needed girls' night out.

**5 P.M.** Sneak out of work a little early so I can play with my kids (daughters Ayden, 7, and Charli, 5, and son, Ty, 3).

**6:30 P.M.** Head upstairs—probably with all three kids in tow. I like to start fresh with my makeup, so I wash everything off with Andalou Naturals 1000 Roses Cleansing Foam, then rub in VivierSkin C E Peptides Serum (\$155; [dermstore.com](http://dermstore.com)) to brighten my complexion.

**6:33 P.M.** Next I mist my roots with MoroccanOil Dry Shampoo Dark Tones to revive my style from the morning.

**6:35 P.M.** Time for makeup. I even out my skin with Pixi by Petra Illuminating Tint and Conceal (\$24), which goes on sheer. I also love Pixi's Mesmerizing Mineral Palette (\$12) for my eyes and the Quick Fix Bronzer (\$20) for my cheeks. I usually go for a neutral lip—Revlon Matte Lip Color Ultra HD in Seduction (\$8.99) is a



favorite. (All available at [target.com](http://target.com).)

**6:50 P.M.** I have a section of the closet I let my kids play in, and it's fun to see what crazy outfits they've come up with at this point. My style is boho with an edge; I get just about everything from my sister's store, Ode ([odeboutique.com](http://odeboutique.com)).

**6:55 P.M.** Accessories and jewelry are always last. We are in our second season

of developing accessories for Silpada, and I'm really into the Monroe Crossbody—it's tailored but still casual. I'm also wearing our Crystal Rocks Necklace and our rings constantly.

**7 P.M.** Head out to my favorite sushi place in the Brookside neighborhood for rainbow rolls, a glass of Malbec, and a heart-to-heart. ■

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\$12.95;  
[wholefoods.com](http://wholefoods.com)

**SILPADA**  
Monroe Crossbody,  
\$149; [silpada.com](http://silpada.com)

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\$19 and \$24;  
[silpada.com](http://silpada.com)

**Spring style** Silpada co-CEO Kelsey Perry shares her picks for the season. [BHG.com/Kelsey](http://BHG.com/Kelsey)





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# striped NAILS

Step up your mani with this easy accent.  
Manicurist Madeline Poole explains how.

## 1 PREP AND SHAPE

Stripes look most sophisticated on short, oval nails. And, because you're calling extra attention to your hands, give them a little TLC. Moisturize your cuticles with oil, then gently push them back before you add polish.

## 2 GO NEUTRAL

You want a natural all-over color to start, either a layer of clear base coat or one coat of neutral polish. (Swipe remover over each nail to remove oil residue first.) Make sure you let dry completely—at least 10 minutes.

## 3 ADD COLOR

Place a guide (painters tape works) across the nail, then dip a thin brush into your accent color. Place the line or lines horizontally or vertically on one nail, a few, or all 10. Totally up to you! Let dry, then finish with top coat. ■



### FRESH PAINT

Sally Hansen Complete Salon Manicure in Kook A Mango, \$7.99; [cvs.com](#). OPI Nail Lacquer in She's A Bad Muffuletta, \$9.50; [ulta.com](#). Essie Nail Polish in Chinchilly; \$8.50; [essie.com](#). Jin Soon Nail Lacquer in Aero, \$18; [jinsoon.com](#). Givenchy Le Vernis in Rose Divin, \$23; [barneys.com](#).



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**INTO  
BLOOM**

A burst of hyacinth pink, a shock of new-leaf green, the inky-black center of a pansy—nature's box of colors is refilling itself. Time to transplant some of that inspiration inside.



# SPRING *to it*

We're warming up to a new garden season with colorful indoor displays starring easy-to-find flowering bulbs.



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Flowering quince branches and bulbs of varying hues march along a windowsill in an array of glass and ceramic containers.

STYLING: JOE MAER





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## EASTER SUNRISE

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Nothing erases the memory of winter quite like the cheerful colors of flowering spring bulbs.

POT UP A MINI  
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A SWEET GARDEN  
COMBO OF BLUE  
MUSCARI AND  
PINK TULIPS.



## PERK UP *A PORCH*

Three 6-inch pots of tulips and three 4-inch pots of muscari make a cheerful greeting for this covered entry.

(Temperatures must remain above 50°F for optimal flowering.)

Oscar Rectangular Rail Planter, \$21.95; [cb2.com](http://cb2.com)

***Spring flower arrangements*** Simple centerpieces: [BHG.com/Centerpiece](http://BHG.com/Centerpiece)





We love the nod to Easter from these egg-shape hanging planters. Pop in a few blooming tulip bulbs, with just enough soil to keep roots moist. Tuck in mood moss (sold at crafts stores). Spora Ceramic + Cotton Rope Planters, \$120 for three; [lightandladder.com](http://lightandladder.com)



Re-create the informal look of naturalized crocuses in a lawn. For a 12-inch window box, drop in four 4-inch plants, pots and all. Mood moss forms the "lawn" and conceals the nursery pots. Wood Planter Box with Liner, \$7.99; [save-on-crafts.com](http://save-on-crafts.com) ■

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# little *gem*

A Manhattanite's bold wardrobe inspires the rich jewel-tone palette in her 900-square-foot apartment.



**“I LOVE COLOR!”** Kimberly Snead says with enthusiasm. But when she moved out of the NYC brownstone where she’d lived for 12 years, she realized she had never really put her stamp on that apartment. “I wanted this one to feel more like my own—like a home,” she says. Kimberly found help in designer Rayman Boozer of Apartment 48. “I was sold on his use of color before I even met him,” she says. And Boozer quickly learned that Kimberly, too, was a color fanatic. “The day I met her, she was wearing a really vibrant dress,” he says. “I thought, ‘She likes color.’” However, it took a bit of convincing to bring the same shades into Kimberly’s home. “Once I explained to her that the colors—purple, yellow, orange—were ones she wears and naturally gravitates to, it helped her realize this palette was for her,” Boozer says. “They’re happy colors that make you feel good.”

## CHAT ROOM

Kimberly Snead, *right*, wanted a space that felt sophisticated but personal, where she could entertain family and friends. Designer Rayman Boozer delivered with a blend of furnishings arranged for easy conversation. His biggest find? Twin bookcases to fit beneath sconces that could not be moved.



STYLING: YVETTE GONZALEZ



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## COLOR PALETTE

Calming lavender is an unexpected neutral in this space, along with white. It has enough blue in it to segue to sapphire, which naturally welcomes other rich gemstone colors such as a mustard-yellow topaz and pink-leaning rubellite.



## SCALED DOWN

"I follow all the rules of scale," Boozer says. "But there's no reason to not try something new with color and pattern combinations." He chose small-scale armchairs in Kimberly's favorite sunny gold and spiced up the neutral couch with a bohemian smattering of pillows.



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## RAYMAN BOOZER

The owner of design firm Apartment 48 tells us how to extend your fashion sense to your living space.

### STARTING OUT

"Most people will take more chances with fashion and avoid color at home. Think of your room the same way you would an outfit: The color of your pants or skirt might be a rug or sofa or other large piece. Your blouse is a side chair or wall shade. And that fabulous statement necklace is the boldly painted chest or ottoman."

### COLOR TIP

"When you apply a color from clothing to interiors, always go a shade lighter."

### WALLS FIRST

You don't have to go bold with furnishings.

Start with the walls and don't hold back.

"I think you should take risks with paint. It's the best place to start. It's easy enough to change." ■



## GRAND ENTRANCE

"I wanted drama in the entry," Kimberly says. Boozer delivered with deep blue paint, *top left*. "I always choose a matte finish for walls," he says. "Any shine will show the flaws. I use semigloss or satin for trim."

## LITTLE SPARKLE

Touches of brass throughout the apartment—on the decorative cranes, *top right*, and on the stool, *page 34*—add a bit of jewelry-like bling to the color scheme.

## ON THE SIDE

A blue-painted sideboard, *above left*, anchors a collection of abstract artwork on the wall opposite the sofa. "You would expect wood," Boozer says. "But the blue is happier. Plus, it's boring when everything is obvious."

## PERSONAL MEANING

Metal-and-glass bookcases, *above right*, hold selected items from Kimberly's trips around the world (previously tucked away in boxes). "I used the objects to tell Kimberly's story," Boozer says.

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# *temporary* measures

A designer makes over her family's rental home with easy cosmetic changes and well-chosen pieces that have permanent style.



**F**or Meredith Ellis, home is more about a feeling than about a look. “It has to feel right to me,” she says. After moving into a rental house so she and her husband, Hunter, could get to know the neighborhoods of Austin before buying, Meredith, an interior designer, dove right in to make the place feel more like “them.” She negotiated a few spruce-ups with the landlord, such as painting walls and removing heavy-looking draperies. And she got creative to make the closed-in layout work better for her family. The dining room is now the living room, *above*—right off the kitchen so Meredith can keep an eye on the kids—and decorated with treasures from Hunter’s travels (he’s a former Navy pilot and television host). “No matter how long I’m in a place, I’m going to put my stamp on it,” Meredith says.

## COLOR PALETTE

Soft colors permeate this home, but with enough variations for depth. Greens go from mint to grayish sage; blues, from sky to indigo. Coral has a cameo role—it’s the palette’s little surprise.







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## ENTRY POINT

Swapping light fixtures was an easy way for Meredith to add her style. In the entry, *right*, she hung an antique lantern to define the center of the room and make the table look like it naturally belongs. The family uses the space (actually a living room) as a drop zone, play area, and occasional dining room.

## CURB APPEAL

Spring green and sky blue paint sweetened up the 1910 bungalow, *below*. “We love it as if it were our own,” Meredith says.



**WALL**  
**CROQUET**  
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## CHANGE AGENT

Meredith gave the couple's furniture a new look. She skirted a console table, *left*, and draped fabric over the dining table, *above*, to better reflect the collected look she likes. It also gives her extra stash-it spots in the storage-tight home.



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## SWEET SPOT

Meredith liked the kitchen's old-school look, including mint cabinets, but a red backsplash killed the charm. Her remedy: Negotiate with the landlord to split the cost of adding beaded board.



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## NEUTRAL GROUND

Before signing their rental agreement, the Ellises made sure the landlord would allow them to paint walls and woodwork. Meredith streamlined with neutral colors on walls and crisp white for trim. The guest bedroom, *left*, is soothing in gray—and inspiring, decorated in a global traveler theme.

## NEW LIFE

Meredith invested in rehabbing some sentimental family pieces. Her grandma's dresser, *below*, makes a statement lacquered in green (Carriage Green No. 94, Farrow & Ball). "It's not an important piece, but it's important to me," Meredith says. ■

## PERSONAL TOUCH

In her home, as well as in clients', Meredith likes things that tell a story. "I'm really about going into someone's home and knowing who they are—whether it's through their collections or things that show where they've been," says Meredith, with Hunter and kids Parish and Bourne, *right*.





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# i did it!

Give this creative thinker two hours and a roll of painters tape, and she'll whip up a painted rug with a professional look. We'll fill you in on her tricks and techniques.



Ursula Carmona knows how to get her way. "I want the high-end designer style for a pittance," she says. One way she's done that in her Cleveland-area home is by painting inexpensive cotton rugs. Inspired by looks she's seen in home decor boutiques, Ursula keeps it simple with geometric patterns, which are easy to create with painters tape, stencils, and even the weave of the rug.

Ursula snags the cheapest rugs she can find (her first was \$7), flips them over, and paints the backs.

To keep the paint from getting too stiff once it dries, Ursula has had success with three techniques: Mix equal parts water and latex paint, add a fabric medium to acrylic paint (follow the instructions on the bottle), or use a fabric or multisurface paint (she recommends Folk Art brand).

**These rugs are hiding something: Ursula Carmona painted the backs, which either makes them reversible or lets her hide patterns she doesn't like.**

STYLING: KRISTINE KENNEDY

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## MEET URSULA CARMONA

Her blog, Home Made by Carmona, features budget-friendly DIY projects.

### MY DESIGN STYLE IS

Transitional with a touch of eclectic flair.

### FAVORITE DECORATING TREND

Gold accessories. I fell hard for the gold trend, though I think it's more timeless than trendy.

### TRIED-AND-TRUE DECORATING TRICK

When I'm not sure which armchair or art will work best, I snap a picture in the store, then hold up my phone in the room at home to virtually "try it on."

### EVERY HOME NEEDS

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## WHAT SHE *DID*

A series of patterns makes up this arrowhead rug: Repeating triangles create a chevron design; vertical lines connect the triangle points.

**1** Print the arrowhead template (available at [BHG.com/PaintedRugs](http://BHG.com/PaintedRugs)) on cardstock and cut out. Place the template at the bottom center of the rug, flush with the edge.

**2** Place two lengths of  $\frac{3}{4}$ -inch tape along the top edges of the template to form a triangle. (For this first

row, you'll also need to place tape along the bottom edge of the template.) Slide the template to one side and repeat taping, connecting the triangles in a continuous chevron design. Repeat to complete the row. Repeat for remaining rows until you reach the top edge of the rug.

**3** Cut  $\frac{3}{4}$ -inch painters tape in half lengthwise

to create strips the length of the rug. Adhere along the triangle points, from the top edge of the rug to the bottom edge. Press down securely on the tape edges.

**4** Wet the tip of your brush with paint, dabbing off excess. Start at one corner and apply the paint using a

dabbing motion to minimize seepage under the tape. Paint the entire surface of the rug using this technique.

**5** Allow the paint to dry to the touch, then remove the painters tape. Let the rug dry 24 hours.

**Try it!** Get the arrowhead template for this rug and how-to for three others. [BHG.com/PaintedRugs](http://BHG.com/PaintedRugs)

## stick to it

Get the best result from painters tape on rugs.

- **SEAL IT** "It's all about the edges," Ursula says. Use a plastic straightedge (like a gift card) to press down on the tape to get a tight seal.
- **PAINT IT** Start painting with your brush on the tape, working out onto the rug. Avoid painting toward the tape edges so you don't loosen the tape, causing paint to sneak underneath.
- **REMOVE IT PROMPTLY** Peel off the tape as soon as the paint is dry to the touch. Left too long, the tape can pull off dried paint. ■





# tone it *down*

High-octane color not your thing? When you layer contrasting textures and styles, neutrals bring just as much to the table.

## BLACK & WHITE

Earthy, organic elements like faux marble plates and linen runners steer a black-and-white table clear of looking overly slick and formal. A hit of playfulness helps, too, as in the Seussian candleholders and secondhand lion (we spray-painted him matte black).

**PLATES:** Belay Dinner Plate, \$10.95 each; [cb2.com](http://cb2.com). Bistro Black Salad Plates, \$16 for four; [walmart.com](http://walmart.com). Middle Kingdom Monk Bowls, \$65 for four; [globaltable.com](http://globaltable.com).

**FLATWARE:** Black Almoco Flatware, \$53 for five-piece setting; [dwr.com](http://dwr.com). Ronan Five-Piece Place Setting, \$55; [ralphlauren.com](http://ralphlauren.com).

**GLASSES:** Edge Wine Glass, \$12.95 each; [crateandbarrel.com](http://crateandbarrel.com). Vignelli Tumbler Set, \$35 for four; [metmuseum.org](http://metmuseum.org).

**ACCESSORIES:** Jätteviktig Candle Holders, \$17.99 for two; IKEA stores. Winco Wine Cooler, \$12; [kitchenrestock.com](http://kitchenrestock.com). Mod Votives by Shiraleah, \$25 for six; [shopcade.com](http://shopcade.com).



WIDE-EYED  
ANEMONES  
REPEAT THE  
PALETTE.

MIX UP  
FLATWARE FOR  
A VARIETY OF  
FINISHES.



PLAY UP THE  
HOSPITALITY  
WITH A  
PINEAPPLE  
DECANTER.



## FINISHING TOUCHES

Eddie Ross, our East Coast editor, shares his favorite ways to top a well-dressed table.

### CENTERPIECE

Flowers make everything better. Single stems in bud vases clustered in a shallow bowl make an easy, impressive centerpiece.

Antique Brass Tray, \$22; Glass Ball Vases, \$10-\$18; [jamaligarden.com](http://jamaligarden.com).

### DECANTER

Upgrade water, wine, and tablescapes with one simple vessel. Pineapple Decanter, \$44.95; [pier1.com](http://pier1.com).

### METALLICS

A little bit of gold, silver, or brass—think vintage pepper mills and flatware—adds instant glam.

### NAPKIN RINGS

Like jewelry for table settings, napkin rings can be fun, elegant, simple, or dramatic. Polished brass napkin rings, \$8 for four; [jamaligarden.com](http://jamaligarden.com).

**BEIGE, WHITE & METALLIC** A beachy beige color scheme makes a sophisticated, less-is-more table. Play up various tones and shades—from soft whites to creamy browns—with plates and linens, then layer on warm metallics, natural wood, and woven textures.

**PLATES:** Entertain 365 Shape Faceted, \$59.95 for four-piece setting; [lenox.com](http://lenox.com). Pavilion Salad/Dessert Plate, \$34 each; [oscardelarenta.com](http://oscardelarenta.com). **FLATWARE:** Hammered Gold-Plated Steak Knives, \$65 for four; [billycotton.com](http://billycotton.com). **GLASSES:** Goblet Glass in Amber, \$20 each; [billycotton.com](http://billycotton.com). Cassiopeia Glassware, \$30 for six; [westelm.com](http://westelm.com). **LINENS:** Washed Jute Placemats in Ivory, \$9.96 for four; Linen Napkins in Natural, \$23.96 for four; [worldmarket.com](http://worldmarket.com). **SALAD BOWL:** Jillian Serving Bowl, \$35; [ballarddesigns.com](http://ballarddesigns.com). **SALAD SERVERS:** Twisted Wood Salad Servers, \$19.96; [pier1.com](http://pier1.com). ■





# Jenny's Cheesy Stuffed SAUSAGE Pasta Bake

## Cheesy Stuffed Sausage Pasta Bake

Prep Time: 15 minutes    Bake Time: 30 minutes    Makes: 8 Servings

### Ingredients:

- 1 lb rigatoni or penne pasta
- 1 pkg. Jimmy Dean® Regular Flavor Pork Sausage Roll
- 1 jar (24 oz) spaghetti sauce
- 2 tsp dried Italian seasoning
- 1/4 tsp salt
- 1 container (15 oz) ricotta cheese
- 2 cups (8 oz) shredded mozzarella cheese, divided
- 3 tbsp grated Parmesan cheese
- 2 tbsp chopped fresh parsley, optional

### Directions:

- 1.) Preheat oven to 350°F. Cook pasta and remove from heat 1 min. before suggested cook time; drain and set aside.
- 2.) Cook and stir sausage in large skillet over med-high heat 8-10 minutes or until thoroughly cooked. Drain and return to skillet. Stir in sauce, Italian seasoning, salt and cooked pasta. Layer half of pasta mixture in a greased 13x9-inch baking dish.
- 3.) Mix ricotta and 1 cup of mozzarella and Parmesan cheese. Spread over pasta. Top with remaining pasta and mozzarella cheese. Sprinkle with parsley.
- 4.) Bake for 30 mins or until hot and cheese is melted.

JENNY FLAKE OF PICKY PALATE CREATED THIS RECIPE BY PUTTING TOGETHER A FEW OF HER CHILDREN'S FAVORITE THINGS. NOW IT'S A STAPLE AROUND HER TABLE THAT BRINGS THE WHOLE FAMILY TOGETHER.

**RECIPES TASTE BETTER WITH STORIES BEHIND THEM.  
SEE MORE AT [JIMMYDEAN.COM/FAMILYTABLE](http://JIMMYDEAN.COM/FAMILYTABLE).**



Shine On!

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# coat *check*

One simple swap gave this tiny closet the potential to hold twice as many coats—and look fantastic doing it.



## PROBLEM

**This small entry closet, above, was way over capacity,** even though it was equipped with hanging cubbies and shoe shelves. The rod was jammed with too many coats, and the kids couldn't reach theirs without help.

## SOLUTION

**Trading the rod for two levels of hooks made spots for twice as many coats.** The hooks were installed on 1×6 boards, rather than straight into the drywall, to make them sturdier and minimize visible holes. Storing only two coats per person also reduced the clutter; the rest go in bedroom closets.

«  
WALLPAPER  
AND AN  
OUTDOOR RUG  
GIVE THE  
CLOSET  
UNEXPECTED  
STYLE.



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^B-vitamins support daily energy needs. ^Antioxidant vitamins, C, E and zinc support normal immune function. \* B-vitamins aid in the metabolism of fats, carbohydrates and proteins.



## 1 TOP SHELF

Baskets on the top shelf store seasonal stuff. Rows of hooks—one high for the grown-ups, one low for the kids—on the closet's three walls make coats and bags easy to grab and replace. Tall hooks with two crooks double hanging space.

## 2 SHOE DROP

Swapping the existing shoe rack for a shorter version added precious inches of hanging space above. Painting the new rack white brightens the floor area. Labels slide onto the front to encourage putting shoes back in the right spots.



## 3 GRAB & GO

Wire magazine baskets hang low along the back wall for stashing sunglasses, lunch bags, and other small items needed on the way out the door.

## 4 GUEST ROOM

An over-the-door coat hook adds hanging space for guest coats and bags when needed. ■

### *Clever closet*

Get your closet in gear with these five genius organizing tips. [BHG.com/CleanCloset](http://BHG.com/CleanCloset)



FOR MORE SPACE-SAVING SOLUTIONS, CHECK OUT **SECRETS OF GETTING ORGANIZED™** MAGAZINE, ON NEWSSTANDS MARCH 8.



**Little Debbie**

*You'll love it  
as an adult.*

*You loved it as a kid.*



***The taste you never outgrow.***

Of all the things that change as you get older, one thing stays the same: the great taste of Little Debbie. That moist, delicious cake with sweet creme filling has been around for generations, and it's as tasty today as it was when you were a kid. So go ahead. Treat yourself. Because you're never too old to enjoy the great taste of Little Debbie.



# COLUMBINE

We're wild about them! Hybrids of this spring- and early summer-blooming perennial cover almost the entire color spectrum.



Also known as *Aquilegia*, new columbine hybrids offer a fresh variety of heights and hues. A handful of our favorites:

**1**

**'WINKY DOUBLE BLUE & WHITE'**

A noteworthy novelty with double bicolor blooms. 16–20 inches

**2**

**'BIEDERMEIER'**

This charming dwarf blooms in many colors, including deep purple with white margins. 12–18 inches

**3**

**'SWAN BURGUNDY & WHITE'**

Multistem plants support a multitude of buds. 18–20 inches

**4**

**'SONGBIRD BLUEBIRD'**

A garden version of the wild Colorado blue columbine (*A. caerulea*). 20–28 inches

**5**

**'SPRING MAGIC ROSE & IVORY'**

This pixie's pastel hues and smaller size work their charms at the front of a border. 14 inches

**6**

**'SONGBIRD GOLDFINCH'**

Like rays of sunshine, bright yellow spurs trail from upward-facing blooms. 20–28 inches

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Our best picks for perennials that thrive in full to partial shade.  
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## COLUMBINES ARE A CINCH TO GROW ALMOST ANYWHERE.

THEY'RE HARDY IN ZONES 3-9, AND THEIR WILD HERITAGE GIVES THEM CAREFREE VIGOR. HERE'S HOW TO ENJOY THEM TO THE FULLEST.



'Songbird Robin'



Eastern red columbine (*A. canadensis*) is a good pick for woodland gardens.

### ■ SWEET BLOOMS

Nectar-filled tubular spurs are the easy-to-identify features on this pollinator-friendly flower, a native to every state east of the Rockies. New hybrids often depart from the familiar—some sport fully double blooms.

### ■ BEDS AND BOUQUETS

Columbines are short-lived perennials in the garden (plants live three to five years), but they're overachievers in other ways—cut flowers are known for their longevity in arrangements.

### ■ SEEDS OR PLANTS

Start seeds early indoors. For faster flowering, buy mature plants at a local or online nursery.

■ **SOIL** Columbines thrive in fertile, well-drained

soil, but they'll tolerate dry, even rocky, poor soil. Add compost around plants each spring.

■ **SUN** Most columbines prefer partial shade, but they'll withstand full sun in cool areas.

### ■ WHERE TO GROW

Naturalize columbines in a woodland garden or tuck plants into a border that receives fewer than six hours of sunlight per day. Place them according to mature height: dwarf in front, medium in the middle, and tall in back.

■ **WATER** Plants are drought-tolerant once established. Water new seedlings regularly.

### ■ PROPAGATION

Hybrids reseed, but they'll revert to the traits

of one of their parents. Buy new seeds or transplants if you want more of the same.

### ■ PERENNIAL

**PARTNERS** Plants might go dormant in summer if they're stressed by heat. To camouflage flagging foliage, mingle with other shady perennials, such as *Brunnera*, bleeding-heart, hosta, and hardy geranium.

### ■ BONUS

Deer and rabbits rarely feed on columbines. (That's good news for the hummingbirds, which love their nectar.) ■

**BUYING INFORMATION:**  
[BHG.com/Resources](http://BHG.com/Resources)

## SMALL CONCERNS



### PESTS

Leaf miners cause cosmetic damage to foliage, leaving telltale squiggly lines. Remove afflicted leaves.



### VOLUNTEERS

Columbines readily reseed, a good way to increase plants in natural areas. Cut spent blooms to stop unwanted spreading.



The flowers on 'Nora Barlow' resemble dahlias.



# SUN *shades*

Yellow is the color to add instant cheer to the garden and patio. Here are our favorite plants and products.



BRIGHT YELLOW  
OBJECTS  
ATTRACT  
SONGBIRDS LIKE  
THE EASTERN  
GOLDFINCH.

- 1 'TROPICANNA GOLD' CANNA Available at local garden centers 2 GERMAN KEROSENE LANTERN \$39; [www.kaufmann-mercantile.com](http://www.kaufmann-mercantile.com)  
 3 MEYER LEMON TREE \$39.95; [whiteflowerfarm.com](http://whiteflowerfarm.com); 20-INCH ROUND SANDSTONE CAST STONE FLUTED POT \$79.97; [homedepot.com](http://homedepot.com)  
 4 DRAMM 5 LITER WATERING CAN \$18.25; [amazon.com](http://amazon.com) 5 LEMON POPPY SEED HAND SOAP WITH WOODEN SOAP DISH \$12.95;  
[womanswork.com](http://womanswork.com) 6 ANVIL PRUNERS \$26; [claringtonforge.com](http://claringtonforge.com) 7 CHARM MODERN BIRD FEEDER \$78; [www.joepapendick.com](http://www.joepapendick.com)  
 8 WOMEN'S NOVEL DOT RAIN BOOTS \$34.99; [target.com](http://target.com) 9 'GAYS DELIGHT' COLEUS [provenwinners.com](http://provenwinners.com) for nearest retailer



**10** PINECREST BENCH \$99; woodard-furniture.com for retailers **11** ECHINACEA 'SOMBRERO LEMON YELLOW' \$12.95 per plant; jungseed.com **12** HEDGE HANGING PLANTER \$96; pottedstore.com **13** GOBLET AND TEAR ROOTING VASES \$13.49 each; achla.com **14** OUTDOOR PRINTED BASKETWEAVE PILLOW \$49.99; OUTDOOR PRINTED FERN PILLOW \$59.99; williams-sonoma.com **15** DRAMM COLORSTORM PREMIUM RUBBER GARDEN HOSE \$54.31; DRAMM REVOLUTION 9-PATTERN SPRAY GUN \$14.99; amazon.com **16** WOMEN'S GOATSKIN GARDENING GLOVES \$39.50; duluthtrading.com **17** MYKONOS INDOOR/OUTDOOR ACCENT TABLE \$79.99; newegg.com **18** PLANTS Local garden centers ■



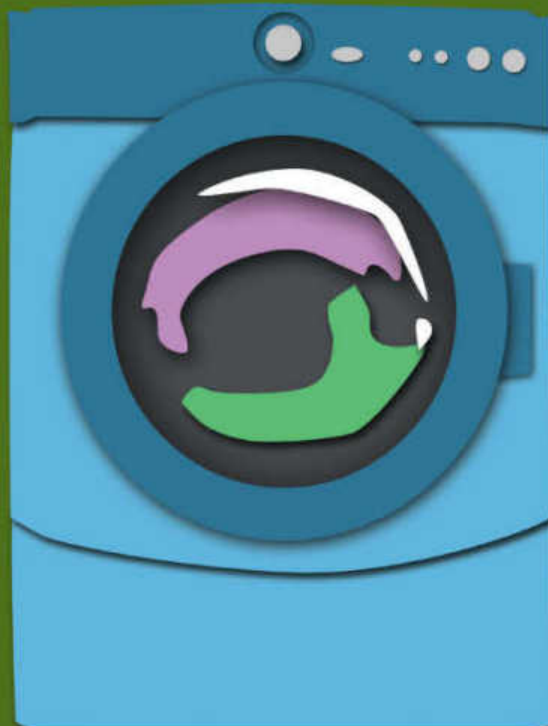
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*WITH EVERY CRUNCHY BITE*

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THE WIN. THE  
HIGHER BUTTERFAT  
CONTENT  
BEST BALANCES  
THE FLOAT'S  
FIZZINESS.



CRAVINGS  
**BOOZY  
FLOATS**

The root beer float: a quintessential soda shop sweet so classic you can't mess with it—or can you? Thanks to the instant popularity of a vanilla- and sarsaparilla-spiced craft ale called Not Your Father's Root Beer, we've decided nostalgia is even better with a kick. You'll want to slurp up every foamy spoonful.

# FAST & FRESH

Easy, delicious recipes for a better dinner tonight.

## VIETNAMESE PORK MEATBALLS

### FLAVOR-PACKED

A big dose of ginger and lemongrass makes these meatballs bright and zesty. Serve with handfuls of crunchy raw veggies and a big squeeze of lime.





Hollywood

SOME THINGS ARE TOTALLY ARTIFICIAL.

WE'RE NOT.



\*MINIMALLY PROCESSED

**EASY PAN-FRY**

Crispy shrimp without the deep fryer hassle: You only need  $\frac{1}{4}$  inch of oil for pan frying. Keep your eye on the oil, and if it starts to bubble, turn down the heat slightly to avoid splattering.

## VIETNAMESE PORK MEATBALLS

*Double the recipe and freeze extras for nights you don't have time to cook. Store individual portions in freezer bags up to 3 months. To reheat, thaw in the refrigerator, then place in a skillet with a little broth. Simmer, covered, until heated through.*

**TOTAL TIME** 35 min.

- $1\frac{1}{4}$  lb. ground pork
- 1 stalk lemongrass, smashed and minced (1 Tbsp.)
- 4 tsp. grated fresh ginger
- 1 clove garlic, minced
- 2 tsp. Asian fish sauce
- $1\frac{1}{2}$  tsp. lime zest
- 1 Tbsp. canola oil
- Finely shredded green cabbage
- Shredded carrots
- Thinly sliced radishes
- Cilantro sprigs
- Lime wedges

**1.** In a large bowl combine pork, lemongrass, ginger, garlic, fish sauce, and lime zest. Using damp hands, form into twenty  $1\frac{1}{2}$ -inch meatballs.

**2.** In a large skillet heat oil over medium-high. Add meatballs. Cook 12 to 15 minutes or until done ( $165^{\circ}\text{F}$ ), turning occasionally.

**3.** Serve meatballs with cabbage, carrots, radishes, cilantro, and lime wedges. Drizzle with lime juice. Makes 4 servings.

**EACH SERVING** 344 cal, 26 g fat, 96 mg chol, 322 mg sodium, 2 g carb, 0 g fiber, 26 g pro.

**Pin it!** [BHG.com/PorkMeatballs](http://BHG.com/PorkMeatballs)



**CRISPY CORNMEAL SHRIMP SANDWICH**

## CRISPY CORNMEAL SHRIMP SANDWICH

*Get the breading on the shrimp, not on your fingers: Reserve one hand for the wet dip and one hand for the dry.*

**TOTAL TIME** 30 min.

- 20 large shrimp (1 lb.), peeled and deveined
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  cup cornmeal
- $\frac{1}{4}$  cup all-purpose flour
- $\frac{1}{2}$  tsp. smoked paprika
- Vegetable oil for frying
- 4 5-inch portions French-style baguette, split
- $\frac{2}{3}$  cup sliced pickled hot cherry peppers
- 4 green onions, thinly sliced
- 4 butter lettuce leaves
- $\frac{1}{4}$  cup mayonnaise

**1.** Place shrimp in a shallow bowl. Pour milk over, turning to coat. In a medium dish toss together cornmeal, flour, paprika, and  $\frac{1}{2}$  tsp. kosher salt. Place half the shrimp in flour mixture; toss to coat. Remove to a tray; repeat with the remaining shrimp.

**2.** In a 10-inch skillet heat  $\frac{1}{4}$  inch oil over medium-high heat (about 2 cups). Carefully place shrimp, half at a time, in pan. Cook until golden brown on one side, about 2 minutes. Turn and cook 1 minute more or until shrimp turn opaque. Transfer to a paper towel-lined tray.

**3.** Arrange shrimp on bottoms of bread portions. Top with peppers, onions, and lettuce. Spread bread tops with mayonnaise and add to sandwiches. Makes 4 servings.

**EACH SERVING** 553 cal, 25 g fat, 167 mg chol, 896 mg sodium, 51 g carb, 1 g fiber, 27 g pro.

**Pin it!** [BHG.com/CrispyShrimp](http://BHG.com/CrispyShrimp)



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10g protein.  
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Honey Peanut Butter • Farmer's Market Berry Crumble • Madagascar Vanilla, Almonds, Pecans • Original Sprouted Grains  
10g protein, 5g fiber.\* New Protein & Fiber Hot Oatmeal from **thinkThin**®.

\*Protein and fiber per serving.

**BUILD A  
BETTER SALAD**

The key to nonboring salad: texture! We love the mix of tender Bibb lettuce and sturdier mustard greens. Cucumbers, fennel, and pine nuts add lots of crunch, tart grapefruit adds some juiciness, and feta the crumbly cheese factor.

***So, what's for dinner?***

Enter up to four on-hand ingredients and access 1,000s of recipes. [BHG.com/DinnerASAP](http://BHG.com/DinnerASAP)



**SPRING SALAD  
WITH GRAPEFRUIT  
& FETA**



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# FAMILY GAME NIGHT

as much as you would like to play their

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video game



You don't have to get them to get what they want to eat.

The New Walking Taco from Lunchables Uploaded.  
An afternoon snack you Mix, Heat and Eat.



LENTIL SOUP WITH  
LEMON & DILL**HANDFUL  
OF HERBS**

A big, fresh hit of dill at the end makes a cozy bowl of lentil soup spring-ready. Don't skimp! Finish with tangy lemon and a dollop of tart yogurt to balance the lentils' warm, earthy flavor.

**LENTIL SOUP WITH  
LEMON & DILL**

*Why use whole cumin seeds instead of ground? When toasted, the seeds release their oils, making them nutty and aromatic. Ground cumin lacks that depth of flavor and can become almost dusty in this soup.*

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 45 min.

- 1 Tbsp. extra-virgin olive oil
- 1 tsp. cumin seeds
- 1 32-oz. carton vegetable stock
- 2 cups water
- 1½ cups French green lentils, rinsed and drained
- 3 carrots, chopped (1½ cups)
- 2 cloves garlic, minced
- 1 bay leaf
- 1 lemon, juiced (3 Tbsp.)
- Plain yogurt
- ½ cup lightly packed fresh dill sprigs, coarsely chopped
- 2 green onions, finely chopped

**1.** In a large saucepan heat oil over medium-high heat. Add cumin seeds. Cook 30 seconds or until toasted and fragrant. Stir in stock, water, lentils, carrots, garlic, bay leaf, and ½ tsp. *kosher salt*. Bring to boiling; reduce heat. Simmer, covered, 25 minutes or until lentils are tender. Remove bay leaf.

**2.** Add lemon juice to lentil mixture. Season with *freshly ground black pepper*. Serve with yogurt, dill, and green onions. Makes 4 servings.

**EACH SERVING** 346 cal, 5 g fat, 2 mg chol, 858 mg sodium, 56 g carb, 9 g fiber, 20 g pro.

***Pin it!*** [BHG.com/LentilSoup](http://BHG.com/LentilSoup) ■

**SPRING SALAD WITH  
GRAPEFRUIT & FETA**

*Bibb and Boston, both butterhead lettuces, can be used interchangeably. They're often sold in plastic clamshells with the roots attached.*

**TOTAL TIME** 30 min.

- ½ cup pine nuts
- ½ cup extra-virgin olive oil
- 2 shallots, finely chopped
- 2 Tbsp. white wine vinegar
- ¼ cup sour cream
- 2 Tbsp. finely chopped fresh tarragon
- 8 cups butter lettuce, mustard greens, and/or spinach
- 1 small fennel bulb, trimmed, halved, cored, and sliced into thin wedges
- ½ medium cucumber, thinly sliced
- 2 medium pink grapefruit, peeled and cut into ¼-inch-thick slices
- 4 oz. crumbled feta cheese
- Smoked turkey breast (optional)

**1.** In a medium skillet combine pine nuts and 1 Tbsp. of the oil. Heat over medium heat 3 to 5 minutes or until toasted, stirring occasionally. Season with *kosher salt*.

**2.** For dressing, in a small bowl whisk together shallots, vinegar, ½ tsp. *kosher salt*, and ¼ tsp. *ground black pepper*. Whisk in remaining olive oil, sour cream, and tarragon.

**3.** In a large bowl toss together lettuce, fennel, and cucumber. Add dressing; toss to combine. Add grapefruit and cheese; toss gently to combine. Top with pine nuts and turkey, if desired. Makes 4 servings.

**EACH SERVING** 557 cal, 48 g fat, 31 mg chol, 631 mg sodium, 27 g carb, 7 g fiber, 11 g pro.

***Pin it!*** [BHG.com/SpringSalad](http://BHG.com/SpringSalad)



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★★★★★ -John518

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★★★★★ -PATRICK34

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★★★★★ -RoyBoy64

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Use as directed for 14 days to treat frequent heartburn. Do not take for more than 14 days or more often than every  
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# *how to cook* BRIOCHE

Good things, like this classic French yeast bread, take time.

But the buttery crust and feathery interior are worth every minute.



**BRIOCHE** gets its irresistibly tender crumb (that's fancy pastry speak for a bread's interior texture) from eggs and copious amounts of butter—gotta love French cooking. Making brioche is less fuss than you'd imagine, but it does require a bit of patience—time in the mixer, time to rise, and time to rest overnight. We've brightened our dough with lemon to make it just right for spring, and you can shape it any way you wish. Brioche à tête, the cute little fluted rolls with the iconic topknots shown here, are classic. Loaves are simple to make and the stuff of French toast dreams. And if you want to make it extra-special, we've even thrown in an Easter surprise.

≡  
CAN'T BE BEAT:  
BRIOCHE  
SERVED WARM  
WITH A  
SPOONFUL OF  
JAM.





# TASTE THE POWER OF PAPRIKA



## EASTER FLAVOR TIP

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We source only whole pepper pods to make our paprika—to give you vibrant flavor from source to bottle to your Easter favorites.

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## LEMON BRIOCHE

*Brioche molds come in a range of sizes and are fun to collect (from \$4, available at [surlatable.com](http://surlatable.com)).*

**HANDS-ON TIME** 1 hr.

**TOTAL TIME** 14 hr. (includes chill time)

- 2 pkg. active dry yeast
- $\frac{1}{3}$  cup warm water (105° to 115°F)
- $\frac{1}{3}$  cup warm milk (105° to 115°F)
- 4 cups all-purpose flour
- $\frac{1}{2}$  tsp. salt
- 4 eggs, room temperature
- $\frac{1}{4}$  cup sugar
- 2 Tbsp. lemon peel
- 1 cup (2 sticks) butter, room temperature

»  
EACH SQUARE  
GETS SHAPED  
INTO TWO BALLS—  
ONE LARGE  
AND ONE SMALL—  
TO MAKE  
CLASSIC BRIOCHE  
À TÊTE.

**1.** In a stand mixer fit with a dough hook, dissolve yeast in water and milk. Let stand 5 to 10 minutes until softened. Add flour and salt. Mix on medium-low speed until flour is moistened, about 2 minutes.

**2.** Reduce speed to low. Separate 1 egg. Add yolk and remaining 3 eggs (refrigerate egg white for later). Add sugar and lemon peel. Increase speed to medium. Beat 3 minutes. Reduce speed to low. Add butter 2 Tbsp. at a time, beating until each addition is incorporated before adding the next. Once all the butter is added, increase speed to medium-high. Continue to beat until dough pulls away from sides of bowl, about 10 minutes. Transfer to a greased bowl. Cover; let rise in a warm place until double in size, about 1 hour. Using a spatula, release dough from sides of bowl to deflate slightly. Cover with plastic wrap. Chill overnight, 12 to 24 hours.

**3.** Grease eighteen 3- to 4-inch fluted individual brioche molds or large muffin cups. Pat the cold dough into a 12×6-inch rectangle. Using a dough scraper or sharp knife, cut into 18 equal portions. From each remove a small piece; roll into eighteen 1-inch balls. Roll remaining portions into 18 larger balls; place in prepared pans. Using your fingers, make a deep indentation in the center of each dough ball. Brush with water. Press small balls into indentations. Cover; let rise in a warm place until double in size, about 45 minutes.

**4.** Preheat oven to 375°F. In a small bowl combine reserved egg white and 1 Tbsp. water; brush over dough. Bake 13 to 15 minutes or until golden brown. Let cool 5 minutes. Remove from pans. Cool on wire racks. Makes 18 rolls.

**For loaves** Divide dough into 18 portions as above. Roll pieces into balls, placing 9 each in two greased 9×5-inch loaf pans. Increase baking time to 18 to 20 minutes.

**EACH ROLL** 223 cal, 12 g fat, 69 mg chol, 294 mg sodium, 25 g carb, 1 g fiber, 5 g pro.





*We Should*  
*ALL BE*  
**PICKY**  
**EATERS**

**We never really outgrow being picky.** It's only natural to ask questions. A big one is, "how will we feed a growing population?" Every day we work with nonprofits, farmers and others from around the world to answer questions that help make sure more people can enjoy a balanced meal. It's time for a bigger discussion about food.

Be part of the conversation at **Discover.Monsanto.com**

MONSANTO



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*SECRETS TO SUCCESS*

**1 START WITH YEAST** First, check the expiration date on your yeast to ensure freshness. Second, the milk and water should be warm (not hot) to the touch. If you scorch the yeast, the bread won't rise.



**2 MOISTEN THE FLOUR** At this point the dough will be dry and crumbly. Add eggs and sugar. Now the dough will be wet and sticky; eventually it will start to form around the dough hook.



◆ **TED DENNARD**

of Savannah Bee Company®  
combined honey, blackberries  
and goat cheese.





**3 MIX IN THE BUTTER** Each addition will take several minutes to incorporate before you can add the next. Be patient. This is how the dough develops its flaky texture.



**4 LISTEN TO THE DOUGH** "Slap, slap, slap." That's the sound of the dough hitting the sides of the bowl and saying "I'm ready to go!" It will look silky smooth and be wrapped around the dough hook.

**berrhoneycheescuit**

WHAT WILL YOU MAKE?

Triscuit

madeformore





MAKE IT  
SWEETER WITH A  
SIMPLE GLAZE:  
1 CUP POWDERED  
SUGAR, 1 TBSP.  
MILK, AND ½ TSP.  
VANILLA.

When you arrange the balls of dough in your loaf pans, you might think you're making pull-apart bread. But as the dough rises, the bottoms of the balls meld together to make a solid loaf shape with a textural top, perfect for slicing.



How's it going?

/ I've been better.



## Tyson® Fun Nuggets.

The fun way to a clean plate.

Made with:

- 100% all natural\* ingredients
- Whole grain breading
- White meat from chicken raised with no added hormones or steroids\*\*

## HOLIDAY TREAT

They're almost too cute to eat! With some simple snipping and shaping, brioche dough transforms into adorable bunnies for the Easter buffet.

*Top-pinned  
Easter  
recipes!*

Nab our most popular  
Easter eats.  
[BHG.com/EasterFood](http://BHG.com/EasterFood)



1

### PAT DOUGH AND CUT SQUARES

as for brioche à tête. For each bunny, remove a tiny bit from a square and shape into a ¼-inch ball for a nose. Shape remaining piece into an oval, about 3 inches long and 2¼ inches wide.



2

### USING KITCHEN SHEARS

or a dough scraper, make a 2-inch cut lengthwise down the center of the oval (you'll go about two-thirds of the way) to make the bunny's ears.



3

### PINCH DOUGH

oval where the cut stops to define the head (head might seem small but will become bigger during rising and baking). Gently shape head. Using the side of your pinky, make indentations in the ears.



4

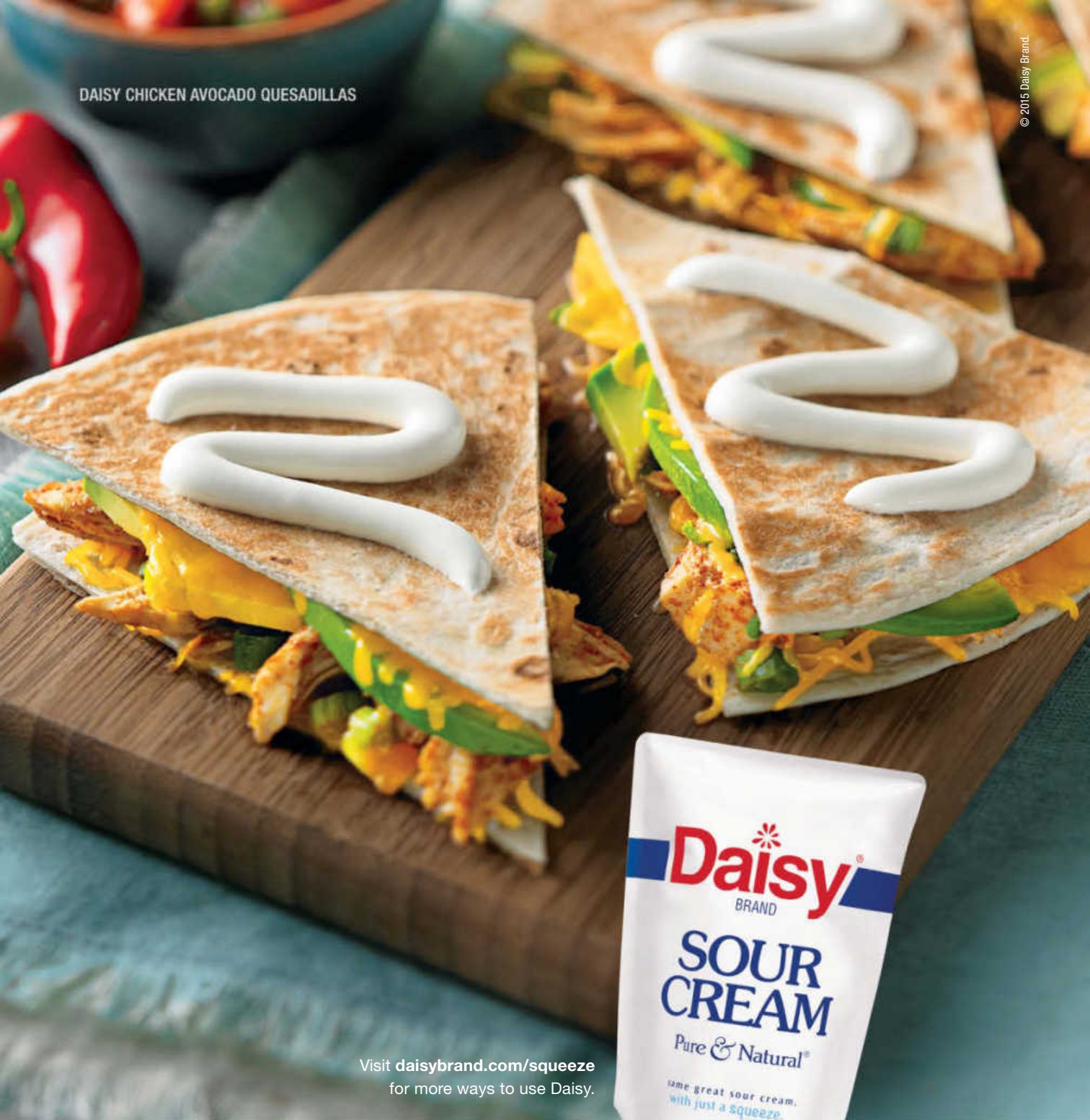
### MAKE A SMALL INDENTATION

in the center of the head with your finger, brush with water, and add the small ball for the nose. Let rise, brush with egg white mixture, and bake as directed on page 92. ■



DAISY CHICKEN AVOCADO QUESADILLAS

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for more ways to use Daisy.

NOW YOU CAN

*Squeeze*

A DOLLOP OF DAISY.



# *new ways with* **LOX**

Even our favorite combos deserve a little reinvention now and then. Don't worry, cream cheese, we still love you.



## **LOX**

Traditional lox is salt-cured or brined salmon from the belly of the fish. Purists will say lox is only cured, not smoked, but we've seen it both ways.

## **BAGEL & LOX SKILLET STRATA**

## **COLD LOX NOODLE BOWL**

## **NIÇOISE-STYLE LOX SALAD**



Sweet raisins and tart cranberries.

**Together at last.**

*I love redheads.*

*Stop, I'm blushing.*



**Kellogg's Raisin Bran® with Cranberries.**

The tongue-teasing taste of tart and sweet is a delicious way to enjoy heart-healthy Raisin Bran.



While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.  
® , TM, © 2015 Kellogg NA Co.



*know your*  
CURED AND SMOKED FISH

**GRAVLAX**

A Scandinavian favorite. Cured much like lox, but sugar, lots of fresh dill, and in some instances spices are added to the salt.

**NOVA LOX**

Cured or brined like lox, then rinsed and cold-smoked. (Traditionally “Nova” referred to salmon from Nova Scotia, but now it more broadly reflects the smoking method.)

**COLD-SMOKED**

A low and slow method. Fish is smoked around 80°F for many hours to impart the smoky flavor without changing the texture of the fillet.

**HOT-SMOKED**

Fully cooked with hot smoke, just like barbecued meats. You get the smoky flavor and a texture that flakes easily with a fork.

**BAGEL & LOX SKILLET STRATA**

Cut a **4-oz. bagel** into pieces; spread on a baking sheet. Bake at 450°F for 7 minutes. Meanwhile, in a 10-inch oven-going skillet melt **1 Tbsp. butter** over medium-high heat. Add **1 sliced leek**. Cook, stirring occasionally, about 3 minutes. Add **1½ cups chopped asparagus**. Cook 5 minutes more. In a medium bowl whisk together **5 eggs, 1 cup milk, 3 oz. feta, 1 Tbsp. chopped fresh dill**, and **¼ tsp. black pepper**. Stir in **8 oz. chopped lox** and toasted bagel pieces. Pour mixture into skillet, stirring gently to combine. Transfer to oven. Bake, covered, 10 minutes. Uncover. Bake 12 minutes more or until set in center. Cool 5 minutes. Serve with **crème fraîche, capers**, and **dill**. **MAKES 6 servings.**

**COLD LOX NOODLE BOWL**

In a screw-top jar combine **¼ cup olive oil, ¼ cup lime juice, 1 Tbsp. grated fresh ginger**, and **¼ tsp. salt**. Arrange **8 oz. lox, cut into strips, 8 oz. cooled, cooked spaghetti, 1 thinly sliced romaine heart, 1 cup thinly sliced radishes, 1 thinly sliced jalapeño pepper**, and **2 sliced green onions** among 4 bowls. Drizzle with dressing. **MAKES 4 servings.**

**NIÇOISE-STYLE LOX SALAD**

In a screw-top jar combine **½ cup olive oil, ¼ cup champagne vinegar, 2 tsp. Dijon mustard**, and **¼ tsp. salt**. Arrange **1 lb. small cooked red potatoes, 10 oz. blanched haricots verts, 6 oz. lox, 1 small head Bibb lettuce, 4 sliced hard-cooked eggs, ½ cup niçoise olives**, and **¼ cup chopped Italian parsley** among 4 plates. Drizzle with dressing. **MAKES 4 servings.** ■



# SKINNIER THAN SKIM MILK

Silk® Unsweetened Original Almondmilk has less than half the calories of skim milk\* and always comes with a silky smooth taste.



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\*Typical skim milk has 80 calories per serving vs. 30 calories in Silk Original Unsweetened Almondmilk per serving. Dairy data from USDA Nutrient Database, Release 28.

*Silk*  
helps you bloom™

# PARTY

## *like it's 1965*

Old is new at this throwback party starring thrift store scores and vintage touches. Welcome spring with classic cocktails and easy, day-of prep.



### BOURBON MANHATTAN

In a cocktail shaker combine 2 oz. bourbon, ½ oz. sweet vermouth, and a dash aromatic bitters. Add ice cubes; cover and shake until very cold. Strain liquid into an ice-filled glass and garnish with a cherry.

### FROZEN GRASSHOPPER

In a blender combine 2 cups vanilla ice cream, ½ cup green crème de menthe, and ½ cup white crème de cacao. Add 1½ cups ice; cover and blend until smooth. Garnish with chocolate-mint candies.

### SIDECAR

In a cocktail shaker combine 2 oz. brandy, 1 oz. lemon juice, and 1 oz. orange liqueur. Add ice cubes; cover and shake until very cold. Strain into an ice-filled glass and garnish with lemon slices.

### VODKA GIMLET

In a cocktail shaker combine 1½ oz. vodka and ½ oz. sweetened lime juice. Add ice cubes; cover and shake until very cold. Strain into an ice-filled glass and garnish with lime slices.





# Healthfull<sup>®</sup> BREAD.

NUTRITION THAT'S TRULY DELICIOUS.<sup>™</sup>



Oroweat<sup>®</sup>  
Healthfull<sup>®</sup> Bread.

- ✓ 100% whole grain bread
- ✓ No high-fructose corn syrup
- ✓ No artificial colors, flavors or preservatives

#LOVEYOURBREAD





Channel your inner Audrey Hepburn with dramatic makeup, vintage threads, and costume jewelry—check thrift stores, Etsy, or ModCloth.



### A SPRAY AWAY

Create a retro-chic centerpiece by arranging a collection of revived tchotchkes, *above*. Search your local thrift store for pieces, then give them new life by covering with spray paint. We love matte gold for an old-timey glam look.

### A CASE FOR VINTAGE

An old suitcase, *above right*, keeps retro plates, cocktail napkins, and glassware in one convenient grab-and-go place for guests. A large piece of cheery fabric serves as a vibrant tablecloth. Check Etsy or your local flea market (or Grandma's china cabinet!) for classic mix-and-match treasures.

### LITTLE DIPPERS

Our spicy spin on fondue pairs Monterey Jack cheese with a chipotle kick. Serve it with rustic bread cubes, mini sweet peppers, blanched broccoli, and boiled potato slices. Get the recipe at [BHG.com/Fondue](http://BHG.com/Fondue). ■





HILLSHIRE FARM® SMOKED SAUSAGE  
IS SEASONED PERFECTLY. SO IT'S EASY FOR  
YOU TO CREATE DINNER DELICIOUSLY.



## Easy Smoked Sausage Skillet

Serving Size: 4-6

Total Time: 20 minutes

### Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

### Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit [HillshireFarm.com/recipes](http://HillshireFarm.com/recipes) for delicious recipes perfect for any night of the week.





The nuts have arrived.

DISCOVER NEW DOVE® FRUIT & NUT.  
Choose pleasure with one of our three new varieties, all bursting with real fruit, spiced nuts and silky smooth DOVE® Chocolate.





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# LIFE *in* COLOR

MARCH 2016

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## MEANT TO BE BROKEN

Design books are chock-full of lessons and rules about color. And you know what they say about rules. Bottom line: Color makes everything more fun.



BHG COLOR PALETTE OF THE YEAR

# COLOR ME HAPPY

This year's palette is downright upbeat. Don't worry—not the exuberant “jumping on the couch” kind of happy.

It's more like the “glass is half-full with an Aperol spritz and an ocean view” kind of happy. Who's in?



# HAPPY PLACE

What's the secret to color happiness? In a word: balance. This year's palette is a yin and yang of vibrant and calm, cool and warm, rich and not-too-sweet. The steely blue is gutsy but congenial—it plays nice with everything. Blush pink and minty green are as soft and comfy as a favorite blanket, but all grown up. And those little zings of orange are like moments of pure joy—small and fleeting, but they energize everything they touch.

## WALLPAPER

For big color without commitment, wallpaper a plywood panel, *far right*. Daydream in Blue; [hyggeandwest.com](http://hyggeandwest.com)

## FURNITURE

Color-rich rooms need a neutral resting spot. Carl Chair in Isle Gray, \$599; [bryght.com](http://bryght.com)

Complete list of products shown: [BHG.com/Resources](http://BHG.com/Resources)



## ARTWORK

Artist Heather Chontos created this piece just for BHG to show off our 2016 palette. Prints, \$90 each; [heatherchontos.com](http://heatherchontos.com)

**WALL**  
GENTLE BLUSH  
2084-70  
BENJAMIN  
MOORE



## MEET THE COLORS

A palette is like one big happy family—each color is strong on its own, but they're even more amazing together.

**PINK** Finally, a pink that isn't too saccharine. "It's feminine, of course, but so sophisticated and amazing as a neutral when paired with blues, blacks, and metallic accents," says Khristian A. Howell, designer and color expert. *Gentle Blush 2084-70 Benjamin Moore*

**BLUE** Other colors in the palette almost bounce off this midtone blue, giving it a big, gregarious personality. *Smoke Blue PPG451-5 Pittsburgh Paints*

**GRAY** The popular new kid on the color block isn't going away any time soon. This cool, muted gray can look both classic and contemporary. *Foil DE6360 Dunn-Edwards*

**GREEN** A hint of silver makes this green stand out. "It's a throwback to the greens used in 1950s kitchens," says interior designer Paige Sumblin Schnell. "It has a modern retro vibe, which I love." *Smoke Bell RL1599 Ralph Lauren Paint*

**ORANGE** Everyone's crushing on this energetic orange. "It's like a kiss," says Kate Smith, designer and color expert. "It can be a comma, a question mark, or an exclamation point." *Tango 6649 Sherwin-Williams*

“

This palette is like walking in my garden: silvery green foliage, pale pink climbing roses, blasts of orange cosmos, and blue slate stepping-stones. It makes me think of happiness and rewarding work.

”

—SUSAN HABLE,  
ARTIST AND TEXTILE  
DESIGNER

## stay grounded

Matte black finishes and natural textures snap a pastel palette to attention. These pieces combine the two.

**1 CHAIR** Black Molded Evie Chair with beechwood legs, \$139.98 for two; [worldmarket.com](http://worldmarket.com)

**2 BASKET** Woven seagrass Cobra Basket, \$89.95; [cb2.com](http://cb2.com)

**3 LAMP** Tricorn Black Wexler Table Lamp, \$129.99; [lampsplus.com](http://lampsplus.com)

**4 DRESSER** Primary 3-Drawer Dresser with black steel frame, \$699; [landofnod.com](http://landofnod.com)

**5 CANISTER** Neutral Large Dark Grey Canister with airtight rubberwood lid, \$14.95; [cb2.com](http://cb2.com)

**6 TABLE** Ashwood Hub Coffee Table, \$200; [umbra.com](http://umbra.com)



Complete list of products shown: [BHG.com/Resources](http://BHG.com/Resources)



»  
MAKE A STATEMENT  
WITH COLORED  
GROUT, LIKE THIS  
GRAY PULLED FROM  
THE PALETTE.



## HAPPY MEALS

A kitchen without color is like a paella without saffron. Add a pinch to taste.

### COLORFUL TILE

Turn the temperature up a notch on walls and backsplashes. *From top: Green Picket; fireclaytile.com. Retro Rounds in Orange Soda; daltile.com. Brio Color Cupcake Pink Glass Mosaic Tile; modwalls.com. Lush 3x6 Rain Tile; modwalls.com. Solar McIntones Ceramic; completetile.com.*

### CABINETS

Gray is the new white, and blue is coming on strong. Matte black hardware adds polish. Brainerd black bar pull, \$4.47, Style Selections black bar pull, \$6.47; lowes.com.

### FABRICS

The right one ties a palette together at the windows or the table. *Far left: Ming Dragon in Persimmon; dwellstudio.com.*





# HAPPY DAYS (& NIGHTS)

Go all in on the green, gray, and pink, and our palette downshifts from happy-happy, joy-joy to contented and chill. Same colors, different mix, completely different feeling.

## BEDDING & PILLOWS

Green, gray, and pink linens layer up to make one yummy bed. A sprinkling of blue and orange adds the spice. *From top:* Original European Sham in Poudre, \$90 each; [usa.yvesdelorme.com](http://usa.yvesdelorme.com). Eileen Fisher Washed Linen Lumbar Sham in Rosewater, \$108, and Duvet Cover in Field Green, \$228; [garnethill.com](http://garnethill.com). Diamond Tile Orange Pillow, \$145; [bonnieandneil.com.au](http://bonnieandneil.com.au). Blue Leather Pillow, \$235; [themarket.studiofournyc.com](http://themarket.studiofournyc.com). Organic Braided Matelasse Duvet Cover in Feather Gray, \$135; [westelm.com](http://westelm.com). Blue Rose throw, \$179; [boconcept.com](http://boconcept.com).

**WALL**  
SMOKE BELL  
RL1599  
RALPH LAUREN  
PAINTS

  
**MARBLE**  
WALLPAPER ADDS  
ONE MORE  
NATURAL  
ELEMENT TO  
THE MIX.

## NATURAL MATERIALS

Blond wood and leather bring this serene scene down to earth. Hub Ladder, \$100; [umbra.com](http://umbra.com). Woven leather basket, \$75; [shopterrain.com](http://shopterrain.com). Pixoss Desk Lamp, \$290; [mcnallyjacksonstore.com](http://mcnallyjacksonstore.com). Marble Wallpaper (on headboard); [fermliving.com](http://fermliving.com).

## BLACK ACCENTS

A little bit ensures the pastels don't get cloying. Platform Bed, \$1,099; [roomandboard.com](http://roomandboard.com). Tourbillon wallpaper (behind lamp); [farrowandball.com](http://farrowandball.com).



“The colors remind me of Bermuda at dusk. It feels like I’m sitting on my friend’s terrace sipping a rum cocktail and watching the sun slip away.”

—STACY WAGGONER,  
PARTNER,  
STUDIO FOUR NYC

## OUT & ABOUT

We found plenty of examples of our palette in the big happy world of Instagram.  
Share your happy palette moments: **#BHGColor**



@designersguild



@abeautifulmess



@lizlevininteriors



@lulu\_dk



@beijosevents



@viewfromthetopp



@tayliljay



@agnesregina



@savannahmaiedae

## SPEAKING OF *COUCHES*

A bold signature sofa makes an instant color statement. Dial down the drama with softer hues on the walls.



### petal pink + gray

Linen Willoughby Sofa, Wilcox,  
in Petal, \$1,898; [anthropologie.com](http://anthropologie.com)  
Vessel Gray 4005-2A Valspar



### sweet potato + tan

Tuxedo Apartment Size Sofa in  
Sweet Potato, \$1,188; [apt2b.com](http://apt2b.com)  
Ivoire 6127 Sherwin-Williams



### midnight blue + blush

Midnight Blue Kendall Velvet Sofa, \$699;  
[worldmarket.com](http://worldmarket.com)  
Pink Gin 6-2 Pratt and Lambert

## WHAT THE *PROS* KNOW

The way floral designer Ariella Chezar thinks about color is great advice whether you're playing with flowers or designing a room. "I choose my palette and stick to it very closely, choosing as many elements within it as I can," she says. "Layering different flowers within a tone allows the color to go on and on and on." Choosing vases in the same palette takes it a step further. Blush Porcelain Pourer, \$25; [claykatceramics.com](http://claykatceramics.com). Ellis Street Vase, \$75; [katespade.com](http://katespade.com). Check out Ariella's new book, *The Flower Workshop* (\$25; [amazon.com](http://amazon.com)).



I could see this palette playing out in a moody, old-world-feeling den. Wrap the walls in gray; upholster a rolled-arm sofa and lounge seating in plush velvets and slubby linens.

—MAT SANDERS,  
DESIGNER

## Chair lifts

An inexpensive chair (we used IKEA's Svenbertil, \$39 each) and a quart of paint is one of the easiest ways to introduce color. Brush on an entire palette or just a color or two.





## FEELING HAPPY

To put a comfy-cozy gloss on the palette, play up the orange and layer on touchable textures for walls, furniture, and floors.

### WALLPAPER

Visual rhythm for walls or bookshelves. Blue Grasscloth CL1029; [yorkwall.com](http://yorkwall.com).

### FLOORING

Quiet pattern from wall to wall. Tuffex Tracery Carpet in Bay of Hope; [shawfloors.com](http://shawfloors.com). Black engineered oak wood flooring; [pidfloors.com](http://pidfloors.com).

### HARDWARE

Black and brass: a winning combo. Clandon Knob, \$16; [anthropologie.com](http://anthropologie.com). ■

## Try new color schemes

Find the perfect paint palette for your home. [BHG.com/NewColor](http://BHG.com/NewColor)



↑↑  
A TOUCH  
OF ORANGE  
TRIM WAKES  
UP AN ENTIRE  
ROOM.

### FABRICS

Feel-good upholstery invites extended lounging. Lanalux by Alexander Girard; [maharam.com](http://maharam.com). Vert Doux Green Velvet 621 Toulouse; [velvetsdirect.com](http://velvetsdirect.com). Kelly Wearstler's Katana Jade/Teal, [leejofa.com](http://leejofa.com).



WRITTEN AND PRODUCED BY **NANCY WALL HOPKINS** PHOTOS **ANDY LYONS**  
FOOD STYLING **GREG LUNA** PROP STYLING **SUE MITCHELL**

## **PURPLE POTATO SOUP**

The color wows, but it's the flavor that will win you over. Fresh marjoram and garlic make the potato base mouthwatering and memorable.

# **THE POWER OF PURPLE**

REASON NO. 422 TO ADD MORE COLOR TO YOUR PLATE: THE HIDDEN COMPONENT THAT GIVES FRUITS AND VEGGIES A VIOLET OR INDIGO BLUSH ALSO MAKES THEM EXTRA-GOOD FOR YOU.



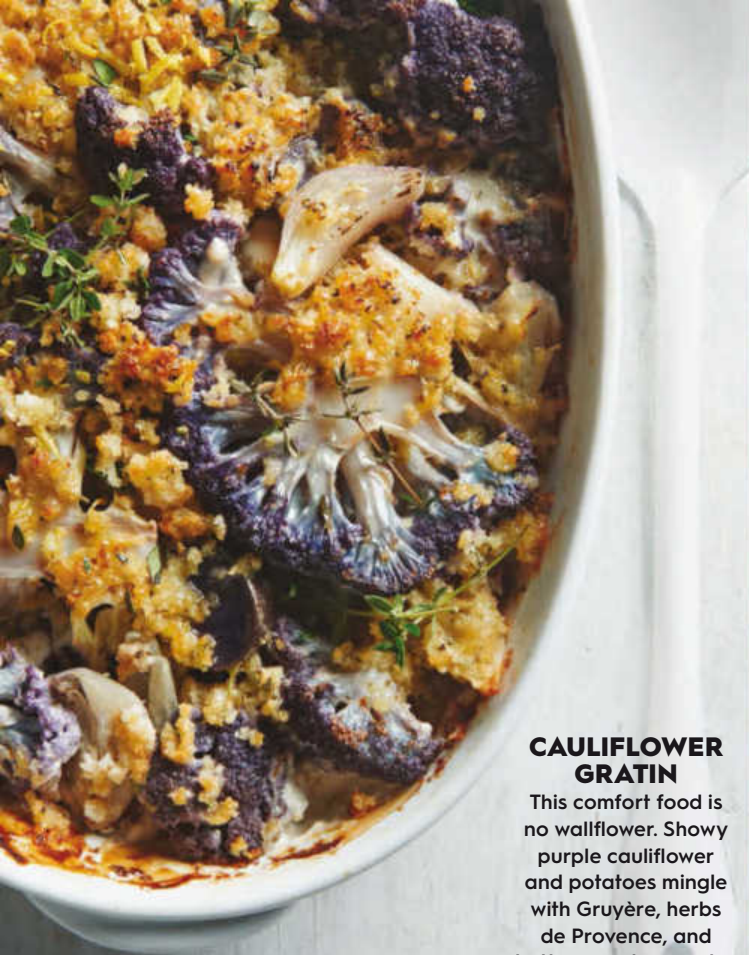


## PICK YOUR SHADE

Almost all your favorite produce has a purple sidekick. Some are merely tinged; some are a full-on riot of color. All of them carry the extra nutritional benefits that come with the color. Look for varieties that lean toward purple and red at the grocery store and farmers market. *Clockwise from top left:* red kale, butterhead lettuce, red cabbage, black mission figs, carrots, bell peppers, kohlrabi, and a variety of colorful potatoes and sweet potatoes.







### CAULIFLOWER GRATIN

This comfort food is no wallflower. Showy purple cauliflower and potatoes mingle with Gruyère, herbs de Provence, and buttery panko crumbs.



EGGPLANT



PURPLE GREEN BEANS



### SPICED KOHLRABI OVEN CHIPS

Weekend kitchen adventurers, these big-flavored, purple-edged chips are for you. Spiced with cumin and coriander and slow-baked until crisp, they should be savored with cocktails, beer, or champagne.



# WHAT'S IN A COLOR?

## WHAT MAKES PRODUCE PURPLE?

Compounds called anthocyanins. They're in this produce, as well as other berries, grapes, and cherries. They range from red-orange to violet.

## WHY IS IT SO HEALTHY?

Anthocyanins seem to have an anti-inflammatory effect, which could help lower the risk of heart disease and cancer.

## HOW DOES COOKING AFFECT ANTHOCYANINS?

Because they're water-soluble, their concentration is highest in produce that's steamed, roasted, or raw.

## WHAT'S IN IT FOR THE PLANT?

Anthocyanins help protect delicate parts against damage from intense sunlight, and the color attracts pollinators.



BABY PURPLE CAULIFLOWER



PURPLE KALE



## BARELY ROASTED PURPLE VEGETABLES

Purple reigns in this winning pan roast of carrots, beans, and onions—drizzled with a mix of sweet honey, butter, and thyme.





**CORNMEAL  
CAKES WITH  
BERRY-FIG  
CHUTNEY**

This chutney is super versatile and easy to make. It's a star on cornmeal cakes smeared with goat cheese. But it's also fab in a PB&J or with a wedge of good cheddar.

***Eat the rainbow!*** Get our top colorful recipes. [BHG.com/EatColor](http://BHG.com/EatColor)





## IT'S EASY EATING PURPLE

Most purple produce is easy to find: beets, blueberries and blackberries; red onions, cauliflower, and potatoes. But others, such as okra and figs, are found more seasonally. Look for particularly unusual varieties like purple snow peas and Chinese long beans at farmers markets. *Clockwise from top left: okra, beets, Chinese long beans, Swiss chard, blueberries, snow peas, green onions, and blackberries.* ■

*Recipes begin on page 134.*



Caren Leedom's passion for pastels inspired the design of this carefree flower border that surrounds her Cape Cod-style guest house.







Foxgloves,  
delphinium,  
daisies and  
bee balm,  
astilbe,  
phlox, and  
verbena...  
From the  
first buds  
of spring to  
the final  
blaze of fall,  
the color  
never stops  
in this  
cottage  
garden.





A bouquet delivers the garden's romantic hues to the table.



VERONICA  
'EVELINE'



ECHINACEA  
'POW WOW'  
WILD BERRY'



PHLOX  
'DAVID'



HYDRANGEA  
'BLUE BILLOW'

## cottage GARDEN STARS

*Bloom times of these perennials overlap, ensuring constant color spring to fall.*

### SPRING

**AMSONIA**  
(April/May)

**ALLIUM**  
(May)

**PEONY**  
(May)

**BAPTISIA**  
(May/June)

**ASTILBE**  
(May/June)

**FOXGLOVE**  
(May/June)

**DAYLILY**  
(May–August)

**VERONICA**  
(May–August)

### SUMMER

**HEUCHERA**  
(June/July)

**BETONY**  
(June–August)

**CENTRANTHUS**  
(June–August)

**DELPHINIUM**  
(June–August)

**ECHINACEA**  
(June–August)

**NEPETA**  
(June–August)

**ACHILLEA**  
(June–September)

**GERANIUM**  
(June–September)

**MONARDA**  
(June–September)

**PHLOX**  
(June–September)

**ROSE**  
(June–September)

**LIATRIS**  
(July–September)

**SHASTA DAISY**  
(July–September)

### FALL

**AGASTACHE**  
(August–October)

**HYDRANGEA**  
(August–October)

**SEDUM**  
(August–October)

**ASTER**  
(September/October)

## Caren Leedom dreams in color.

The garden of her dreams—an informal profusion of old-fashioned flowers—became reality when she and husband Guy purchased a quintessential Cape Cod home and guest cottage in Duxbury, Massachusetts, nearly 20 years ago. Memories of foxgloves, roses, catmints, geraniums, phlox, and lamb's-ear in her mother's garden guided Caren's initial selection of perennials. These easygoing cottage garden mainstays make up the backbone of the border. Fine-tuning in the seasons since has been a quest for continual color. But not all shades

work in Caren's palette. "Soothing colors make me feel serene, and that's what home is about," she says. "I keep it soft; there are no jarring harsh reds or yellows in my garden. Instead, I gravitate toward pinks and purples. I also include a lot of white because it makes other colors pop." There's a practical reason to work within a limited palette. Here, pastels punched up with more saturated accents ensure that seasons merge seamlessly with waves of flowers in compatible hues.

Caren selects varieties with long blooming cycles, and "obsessive" deadheading inspired by frequent garden parties is her secret to encouraging prolonged flushes. She welcomes the spontaneity of self-seeding species like liatris and verbenas, which add to the unplanned look wherever they sprout. Caren's garden is forever filled with color, spring to fall. ■

### COLOR PALETTE

Pink and purple flowers en masse form the core of this romantic garden palette. Dark blue and hot pink are punctuation marks, while powdery blue, pink, and gray soften edges.





In midsummer, Caren's border is an exuberant jumble of phlox, *Centranthus*, 'Hummelo' betony, *Echinacea* 'Pow Wow Wild Berry', lady's mantle, 'Eveline' veronica, *Nepeta* 'Blue Hill', 'Becky' Shasta daisy, foxglove, and 'The Fairy' rose.



BY JODY GARLOCK  
PHOTOS ADAM ALBRIGHT  
STYLING EDDIE ROSS



# *never a dull* MOMENT

Don't let the white walls fool you. This family home is all about bold color and playful pattern, within a tight but lively palette.



Susan and Jeff Johnson remodeled their ranch home but kept the 1950s vibe going with vintage items, including chairs, *this photo*, updated with graphic fabric. The artwork, *opposite*, (painted by an art student) shows off the home's palette. "I smile when I walk in the door and see all the color," Susan says.

**DOOR**  
FIREWORKS  
SW6867  
SHERWIN-  
WILLIAMS



**T**he Johnson kids know the drill: When Mom gets out the camera, it's time to pose by the front door. Ever since Susan and Jeff (and kids Emma, Tate, and Poppy) settled into their Nashville home, the orange-red door has been Susan's go-to backdrop for special photos—the first day of school, Halloween costumes, Easter Sunday outfits. “That poppy red is the perfect color to take pictures against,” Susan says. “I think it will be the color of our front door wherever we live.” Working with designer Gen Sohr, Susan wove the vibrant color throughout her house, pairing it with navy, pink, green, and always lots of bright, clean white. “I think it's important to have places for your eyes to rest,” Susan says. For Sohr, the goal was to create a fun-loving home that reflected the family's personality. “I saw it in the way they dressed their kids and in Susan's Pinterest inspirations—the entire family aligns with color and graphic patterns,” she says. “They love happy.”

**In the entry, right, a vintage flag of Susan's native New Zealand announces her favorite color combo. “It means the world to me,” she says of the surprise gift from Jeff. “I knew exactly where it would go.” A console table, below left, is ready for guests. “I like people knowing they can stop by to say hi and have a drink,” Susan says.**





The dining table, *this photo*, always sparks conversation. "It was a happy accident," designer Gen Sohr says. She and Susan had maxed out the decorating budget, so they painted Susan's wood-tone table high-gloss royal blue. Neutral herringbone-pattern wallpaper creates quiet texture.

TABLE  
DANUBE  
SW6803  
SHERWIN-  
WILLIAMS







Susan deviated from white walls in the bathroom, opting for Blossom wallpaper from Serena & Lily to add personality. "Your eyes dance around the room instead of locking in on just one bold thing," she says.





## COLOR PALETTE

Blue shows up in various shades, but navy and royal get the biggest play. With saturated colors like these blues, it's all about the mix. Orangey red warms the cool blues. Pink counters the masculinity and adds a little sass. White does what it does best: It's a palette-cleanser. ■



The Roman shade fabric inspired this room's green accents.



The office is a clean slate for creativity. "White paint is magic in a can," Susan says.



Lively pattern runs the gamut from sweet to mod in 5-year-old Poppy's bedroom.

**Ready to go bold with pattern?** See the looks we can't get enough of. [BHG.com/Patterns](http://BHG.com/Patterns)

# THE KITCHEN COOKBOOK

Let your imagination be your guide—try substituting purple varieties in all your favorite recipes.



## RECIPES FROM

### THE POWER OF PURPLE

#### PURPLE POTATO SOUP

*The purple potatoes turn this soup into a vibrant showstopper, but you can make it with russet or Yukon gold and achieve the same delicious flavor.*

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 50 min.

- 1 Tbsp. butter
- 1 large onion, chopped (1 cup)
- 2 cloves garlic, minced
- 1½ lb. purple potatoes, peeled and cut up
- 4 cups reduced-sodium chicken broth
- 1 tsp. dried marjoram
- ¼ cup pomegranate juice
- Fresh marjoram

In a 4-qt. Dutch oven melt butter over medium heat. Add onion, garlic, and ½ tsp. kosher salt. Cook 5 minutes or until tender,

stirring occasionally. Add potatoes, broth, and dried marjoram. Bring to boiling. Reduce heat. Simmer, uncovered, 20 minutes or until tender, stirring occasionally. Using an immersion blender, puree until smooth. Stir in pomegranate juice. Season to taste with kosher salt and freshly ground black pepper. Top with sour cream and fresh marjoram. Makes 4 to 6 servings.

**EACH SERVING** 224 cal, 6 g fat, 14 mg chol, 736 mg sodium, 37 g carb, 5 g fiber, 8 g pro.



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# VEGGIE POWER

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## FOOD RECIPES



The stem and core keep big slices of cauliflower together. Cut through the bottom stem for thick slabs and break the unattached florets into pieces to scatter over the gratin.

### CAULIFLOWER GRATIN

*The potato slices should be about 1/4 inch thick in this recipe. For a quick and easy way to keep the slices consistent, use a mandoline.*

**HANDS-ON TIME** 10 min.

**TOTAL TIME** 1 hr., 15 min.

- 1 lb. purple potatoes, peeled and sliced
- 1 1/4 cups whipping cream
- 2 tsp. herbes de Provence
- 5 oz. Gruyère cheese, shredded (1 1/4 cups)
- 1 1 3/4- to 2-lb. head purple cauliflower, sliced 1/2 inch thick
- 4 shallots, peeled and halved
- 1/3 cup panko bread crumbs
- 3 Tbsp. butter, melted
- Thyme sprigs and lemon zest

**1.** Preheat oven to 425°F. Arrange potatoes in the bottom of a 2-qt. rectangular au gratin dish or baking dish. In a small bowl stir together cream, 1 tsp. of the herbes de Provence, and 1 tsp. kosher salt; pour over potatoes. Sprinkle potato layer with 1/2 cup of the cheese. Top with cauliflower slices and any pieces that break off, shallots, and 1/4 tsp. kosher salt. Cover; bake 40 minutes.

**2.** Meanwhile, stir together the remaining cheese, panko, remaining herbes de Provence, and butter. Uncover

cauliflower; sprinkle with panko mixture. Bake, uncovered, 15 minutes more or until golden. Remove; let stand 10 to 15 minutes. Sprinkle with thyme and lemon zest. Makes 8 servings.

**EACH SERVING** 310 cal, 24 g fat, 82 mg chol, 374 mg sodium, 16 g carb, 2 g fiber, 8 g pro.

### SPICED KOHLRABI OVEN CHIPS

*Like beet greens, kohlrabi greens are edible. Keep them to eat raw in a salad or sauté for a quick side dish.*

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 1 hr., 30 min.

- 1 1/4 lb. kohlrabi (3), trimmed (don't peel)
- 1 Tbsp. extra-virgin olive oil
- 1/2 tsp. ground cumin
- 1/4 tsp. ground coriander
- 1/3 cup sour cream
- 1/4 cup mayonnaise
- Chopped fresh rosemary
- Finely chopped purple-color green onions or shallots

**1.** Preheat oven to 275°F. Using a mandoline, slice kohlrabi 1/6 inch thick. In a large bowl whisk together olive oil, cumin, coriander, and 1/4 tsp. kosher salt. Add kohlrabi slices; toss to coat. Arrange slices in a single layer on two extra-large baking sheets. Place baking sheets on two separate oven racks near the center of the oven.

**2.** Bake 40 to 75 minutes or until chips are golden brown and crisp, rotating the pan, switching rack placement, and turning chips once after 30 minutes. Chips will begin browning quickly after 30 minutes. Start checking every 5 minutes after this, removing chips from baking sheets as they are done. Cool on a wire rack.

**3.** For dip, in a small bowl stir together sour cream, mayonnaise, 1/4 tsp. kosher salt, and 1/8 tsp. ground black pepper. Sprinkle chips and dip with rosemary and onions before serving. Makes 2 to 3 servings.

**EACH SERVING (WITHOUT DIP)** 142 cal, 7 g fat, 0 mg chol, 199 mg sodium, 19 g carb, 11 g fiber, 5 g pro.



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We're all for tinkering with your hummus. We swapped the traditional garbanzos for cannellini beans, then added horseradish for bite and beets for color.

## BEET HUMMUS

*Get creative with your dippers. We love sweet potato chips, pita, or crisp cucumber slices with this dip.*

**TOTAL TIME** 20 min.

- 1 15-oz. can cannellini beans, rinsed and drained
- 1 lb. beets, cooked and peeled\*
- ¼ cup tahini (sesame seed paste)
- 2 Tbsp. lemon juice
- 1 Tbsp. prepared horseradish
- 2 cloves garlic, peeled and halved
- ¼ cup olive oil
- Kimchi and chopped Italian parsley (optional)

In a food processor combine cannellini beans, beets, tahini, lemon juice, horseradish, garlic, and ½ tsp. kosher salt. Cover; process until nearly smooth. With the motor running, add oil in a thin, steady stream through the feed tube, processing until smooth. Transfer to a serving bowl. Cover; chill until serving time. Drizzle with additional olive oil. Top with kimchi and parsley, if desired. Makes 3 cups.

\*To cook beets: Trim and scrub beets; cut each in half. In a medium saucepan bring water to boiling; add beets. Reduce heat; cook, covered, 40 minutes or until fork-tender. Drain and cool. Scrape peel from beets.

**EACH ¼-CUP SERVING** 115 cal, 7 g fat, 0 mg chol, 193 mg sodium, 10 g carb, 3 g fiber, 3 g pro.

## RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

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# SWEET EGG-SPECTATIONS FOR EASTER

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## CLASSIC SUGAR COOKIES

- 4 cups sifted all-purpose flour (sift flour before measuring)
- 2 tsp baking powder
- 1 tsp salt
- 1 1/2 sticks butter or margarine, softened
- 1 1/2 cups Domino® Granulated Sugar
- 2 eggs
- 1 1/2 tsp vanilla extract

Preheat oven to 350°F. Sift together flour, baking powder and salt; set aside.

In a large bowl, beat the softened butter with the sugar until fluffy. Add eggs and vanilla, beat well. Stir in dry ingredients, a third at a time, until all is incorporated for a smooth, stiff dough.

Using waxed paper lightly dusted with confectioners' sugar, roll out a portion of the dough into a 1/4 inch thick rectangle. Press cookie cutter of desired shape into dough. Trim away excess dough. Gently lift cut-out cookies from waxed paper and place on greased cookie sheets. Repeat rolling and cutting until all dough is used.

Bake at 350°F for 10 minutes or until cookies are firm and light golden brown. Remove from cookie sheet and allow to cool completely before decorating. Follow Egg Decorating Kit Instructions.



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## CORNMEAL CAKES WITH BERRY-FIG CHUTNEY

*We love a schmear of goat cheese, but any spreadable cheese will work. Try Boursin or a triple cream Brie.*

**TOTAL TIME** 30 min.

- ¼ cup all-purpose flour
- ½ tsp. baking powder
- 1 tsp. sugar
- ¼ tsp. salt
- 1 cup boiling water
- 1 cup yellow cornmeal
- 1 Tbsp. butter, melted
- 1 slightly beaten egg
- Milk (optional)
- Goat cheese or Quark (European-style fresh cheese)
- 1 recipe Berry-Fig Chutney, *below*
- Fresh blueberries, blackberries, and/or mint leaves

**1.** In a small bowl combine flour, baking powder, sugar, and salt. In a medium bowl whisk boiling water into cornmeal. Whisk in melted butter until smooth; whisk in egg. Add flour mixture and whisk just until combined. If necessary, whisk in milk (up to 4 Tbsp.) to thin batter.

**2.** Heat a greased griddle or skillet over medium heat. Drop rounded tablespoons of batter onto griddle. Cook 2 to 3 minutes or until golden brown, turning once. Transfer to a platter. Cover; keep warm. Repeat with remaining batter. Top with cheese, Berry-Fig Chutney, berries, and mint. Makes 16 cakes.

### Berry-Fig Chutney

In a medium saucepan combine 2 cups *blueberries* and/or *blackberries*, 3 Tbsp. *balsamic vinegar*, ½ cup finely chopped *dried figs*, ½ cup finely chopped *red onion*, 1 Tbsp. *honey*, and 3 sprigs *fresh thyme*. Bring to boiling; reduce heat. Simmer, uncovered, 8 to 10 minutes or until thickened, stirring occasionally. Remove from heat; stir in ½ cup fresh *blackberries* and/or *blueberries*. Cool. Remove; discard thyme stems. Makes 2 cups.

**EACH CAKE PLUS 2 TBSP. CHUTNEY**

175 cal, 3 g fat, 31 mg chol, 205 mg sodium, 32 g carb, 4 g fiber, 4 g pro.

## BARELY ROASTED PURPLE VEGETABLES

*A quick roasting time leaves veggies delightfully crisp-tender. If you prefer them softer, roast a few minutes more.*

**HANDS-ON TIME** 15 min.

**TOTAL TIME** 30 min.

- 12 oz. purple baby carrots with tops trimmed and halved lengthwise
- 8 oz. fresh purple-color green beans, trimmed
- 3 to 4 purple-color green onions, trimmed and halved
- 1 bulb purple garlic, halved horizontally
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. honey
- 2 Tbsp. butter, melted
- 1 Tbsp. snipped fresh thyme
- 1 to 2 oz. goat cheese, crumbled

**1.** Preheat oven to 425°F. In a shallow roasting pan combine the carrots, beans, onions, and garlic. Drizzle with oil and sprinkle with ½ tsp. *kosher salt*; toss to coat, placing garlic halves cut sides down.

**2.** Roast, uncovered, 12 to 15 minutes or until just tender, stirring once. Meanwhile, stir together the honey, butter, fresh thyme, and ½ tsp. *fresh cracked black pepper*.

**3.** To serve, transfer the roasted vegetables to a platter. Drizzle with honey mixture. Sprinkle with goat cheese and additional *fresh snipped thyme*. Makes 8 servings.

**EACH ½-CUP SERVING** 110 cal, 7 g fat, 10 mg chol, 201 mg sodium, 10 g carb, 2 g fiber, 2 g pro. ■

FROM

## CRAVINGS: BOOZY FLOATS

The recent popularity of hard root beer means more options on store shelves. Here are three of our favorites.



### HARD ROOT BEER

Coney Island Brewing Co.



### BEST DAMN ROOT BEER

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# better

GOOD TO KNOW  
**CLUTTER  
PATROL**

One downside of disorganization: We spend up to 55 minutes a day looking for misplaced items, which causes a whole lot of stress. Regular purging is key, and starting with a space you use every day will make the benefits immediately clear. Consider your closet: How much of what's in there do you actually wear? It's time for a spring clean-out!



# WHAT ARE YOU



## OF?

**a**lmost everyone is a little afraid of something, and that's good. "Having a certain amount of fear has helped us survive," says Robert L. Leahy, Ph.D., author of *The Worry Cure*. "Lightning, spiders—they can be harmful."

### A REALITY CHECK ON 8 COMMON FEARS

Today, many of these fears have little to do with reality and everything to do with how we're wired. "Fear starts in the part of our brain that alerts the body when we see something potentially dangerous," says Reid Wilson, Ph.D., a professor of psychiatry at the University of North Carolina in Chapel Hill. Say you're on your morning walk and something catches your

eye in the grass. The image-processing center in your brain might say "snake!" and trigger fear, but within seconds, the thinking part of your brain assesses the situation—whether it's "never mind, that's a garden hose" or "rattler—run the other way!"

A big part of fear is also lack of control. "The less predictable we feel something is, the more anxious we may become about it," Leahy says. Take the Ebola scare. There was uncertainty about how virulent the disease would be and who was infected, and an overall lack of control in preventing infection.

The encouraging news is that most fears can be managed. It boils down to understanding how realistic a fear really is, then taking steps to minimize risks that are in your control to calm anxiety. Here we offer a little self-help to put a few common fears in perspective, plus strategies for conquering them.



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## *the fear* **SPIDERS AND SNAKES**

**THE REAL RISK:** While the odds of a fatal encounter with a spider are practically nonexistent (about seven happen yearly in the United States), crossing paths with one is inevitable, as some

experts estimate there are about 100 spiders per household. Snakes kill about five people in the United States annually, according to the U.S. Centers for Disease Control.

**FACE IT DOWN:** If you're avoiding your guest bedroom because you saw a spider last year, get help. In one study, a two- or three-hour session of exposure therapy that started with patients looking at the spider in a cage ended with them being able to touch a tarantula. You can find therapists trained in exposure therapy almost anywhere in the United States at the Association for Behavioral and Cognitive Therapies, [abct.org](http://abct.org).

## *the fear* **FLYING**

**THE REAL RISK:** The odds that you'll die in a crash in the United States or Europe are about 1 in

11 million. The Am I Going Down? app for nervous flyers calculates the odds by factoring in destination, plane type, and airline. It's probably what you suspect: You're safer on a big jet from Los Angeles to Chicago than on a small plane in the South Pacific.

**FACE IT DOWN:** While there are several triggers (feeling claustrophobic or nauseated from turbulence, for example), treatment focuses on demonstrating that you can control your anxiety, often with techniques like progressive muscle relaxation. In some cities, you can find

airport-based weekly therapy sessions that culminate in an actual flight, like [fearlessflight.com](http://fearlessflight.com) in Phoenix and [fofc.com](http://fofc.com) in San Francisco. Deep breathing

helps, too: Starting three to four days before the flight, set aside 10 minutes to practice so you can tap into that calming effect if you feel the anxiety creeping up while you're at the airport. For guidance, try the Breathe2Relax app, which lets you choose scenery and background music.

## *the fear* **RUNNING OUT OF MONEY**

**THE REAL RISK:**

OK, we're gonna give you a little tough love here. Be afraid. Be very afraid. An estimated 36 percent of Americans haven't started saving for retirement, and

tens of millions have socked away far too little.

**FACE IT DOWN:** Facts are your friends. Instead of terrorizing yourself with dizzying (and inaccurate) statements, like "No one can retire with less than \$1 million," put real numbers on paper. Start with how long you're likely to live, a key estimate in any figure. You can try this tool, developed by a professor at University of Pennsylvania's Wharton School: [myabaris.com/tools/life-expectancy-calculator-how-long-will-i-live](http://myabaris.com/tools/life-expectancy-calculator-how-long-will-i-live), and also use free online calculators offered by AARP and Fidelity. A session with a financial planner, who can help pin down how much you'll need and how to get there, is worth the investment.

# 26 million

the number  
of Americans who  
dread flying.





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*the fear*  
**IDENTITY  
THEFT**

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Even retailers and employers like the federal government are vulnerable. "We're reliant on technology to bank and shop," says Christopher Bader, Ph.D., a sociologist at Chapman University. "Yet we have

to trust websites and companies to keep our information safe."

**FACE IT DOWN:** Taking a few sensible steps to protect your personal details goes a long way. All passwords should combine letters and numbers. Don't use easy-to-guess elements, like birthdays or pets' names. Never enter your Social Security number online or give it out. And read credit card and bank statements monthly for unauthorized

purchases; often a fraudster will test small transactions to see if they go undetected. Also consider an identity theft protection service to monitor your credit (the one at

*myfico.com* is \$5 a month). You'll know ASAP if an unauthorized line of credit is opened, says identity theft expert Robert Siciliano. He also advises freezing your overall credit, which stops new lines of credit (contact any of the three credit bureaus to do this). You can unfreeze it if needed.

If identity theft does happen to you, don't panic. Credit card fraud can be cleared up in less than a day. The sooner you catch a larger fraud, the better you can minimize the damage. *Identitytheft.gov* walks you through the recovery process.



**17.6**  
*million*

the number  
of people affected  
by identity  
theft each year.




---

*the fear*  
**GETTING  
STRUCK BY  
LIGHTNING**

---

**THE REAL RISK:** One in 1.2 million, says the National Weather Service. About 49 people in the United States die from lightning strikes each year, and 297 are injured.

**FACE IT DOWN:** If a thunderstorm is brewing, staying out of harm's way lowers your risk of getting struck. Avoid standing outside near high buildings, isolated trees, flagpoles, streetlights, open fields, bleachers (metal or wood), and water. A technique called virtual reality exposure therapy, which gradually desensitizes you to a fear by exposing you to it, also looks promising (*vrphobia.com*). Patients wear headsets and experience various degrees of weather intensity (like simulated thunder and lightning).

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*the fear*  
**PUBLIC  
SPEAKING**

---

**THE REAL RISK:** It's not fatal, but you might turn tomato red, vomit, or faint. Most people can overcome it with a little practice.

**FACE IT DOWN:** Toastmasters International, Dale Carnegie courses, and some excellent (and free) MOOCs, or massive open online courses, give you a safe place to practice. Also, research



## the fear RIDING IN ELEVATORS

shows that a type of cognitive behavioral therapy called acceptance and commitment therapy, which coaches you to accept being anxious, is effective. One tip pro speakers love: Exercise before taking the podium—a quick walk, jumping jacks, or full-body stretches. It can help lower levels of stress hormones.

**THE REAL RISK:** Fewer than 30 people die in elevator and escalator accidents each year in the United States. The odds of it being you are roughly 1 in 10.6 million.

**FACE IT DOWN:** Part of this fear involves claustrophobia, and research shows simple relaxation techniques work to calm claustrophobic patients. Also take comfort in knowing that all elevators—residential and commercial—are required to have a device through which you can communicate with a central office or 911.

## the fear DRIVING OVER BRIDGES

**THE REAL RISK:** Despite well-publicized accidents, major bridge collapses are extremely rare.

**FACE IT DOWN:** Exposure therapy is your best bet. You might practice driving toward a small bridge, park, then walk across, and eventually drive over it—all while practicing positive self-talk to manage the anxiety. “People learn to accept that they get scared,” Wilson says. “They say to themselves: ‘I’m going to get nervous, but that’s OK. This bridge is safe, and even if I’m uncomfortable, I can handle it.’ People learn to use that second voice to counter the fear.”

### OVERCOMING FEARS

If you decide to seek professional help for your fears, many experts recommend cognitive behavioral therapy (CBT), which involves challenging negative thinking, along with exposure therapy, a form of CBT. These methods of treatment push you little by little toward your fears. “It’s paradoxical,” Wilson says, “but the only way to overcome the fear is to go toward it. Treatment involves finding a second voice that can talk back to the fear and say: ‘Yes, you can stand it. It’s not that bad, and it will only last a short time.’” ■

**325 million**  
the number of people in the United States who take an elevator daily.

## ANGRY GUT?

You may have  
**Irritable Bowel Syndrome (IBS)**

If so, you are not alone.  
1 in 6 Americans have it.

**IBS Symptoms Include:**  
Abdominal Pain, Bloating,  
Diarrhea, Constipation,  
Urgency and Gas

Introducing IBgard®, a medical food for the dietary management of IBS. In a clinical study, IBgard® was shown to start working as early as 24 hours\*. IBgard® delivers ultra-purified peppermint oil quickly and reliably to the small intestine – where it’s needed the most.



**Calms the Angry Gut®\***

Ask your doctor about  
nonprescription IBgard®

Available in the digestive aisle at

**Walgreens CVS/pharmacy**

\*Based on a randomized placebo controlled study in 72 IBS patients. Patients taking IBgard experienced a statistically significant reduction versus placebo in the total IBS symptoms score, including abdominal pain and discomfort, at 24 hours and at 4 weeks.

\*Among Gastroenterologists who recommended peppermint oil for IBS. Alpha ImpactRx ProVoice October 2015 survey.

Results may vary. Medical foods do not require preapproval by the FDA but must comply with regulations. Use under medical supervision. The company will strive to keep information current and consistent, but may not be able to do so at any specific time.

# eggshell finish

Traditional Mexican cut tissue paper—*papel picado*—is an easy shortcut to create distinctive designs on eggs.

## MATERIALS

- **Papel picado banners or flags** (try [amols.com](http://amols.com))
- **Scissors**
- **Paintbrush**
- **Decoupage medium**
- **Dyed eggs** (because you use decoupage, the eggs aren't edible)

## CUT & CREATE

The beauty of this craft is that you choose where to cut the patterns of the *papel picado*—whether you use sections from the middle or the decorative edges—to create your own design. Cut the pieces you want and set aside.

## APPLY DESIGNS

Brush a thin coat of decoupage medium onto an egg. Position the

cutouts and gently pat into place with your fingertips, starting in the center of a design and working your way out. Go back over the design to flatten any creases.

**TIP** It's easiest to start by applying one bigger piece to the center of the egg, then use smaller sections to fill in. ■

***Top-pinned spring crafts!***

Get our most popular Easter and spring projects. [BHG.com/CraftSpring](http://BHG.com/CraftSpring)

IF YOU USE  
BLOWN-OUT EGGS,  
MAKE SURE THEY  
ARE COMPLETELY  
DRY (INSIDE AND  
OUT) BEFORE  
APPLYING PAPER.

DECOUPAGE  
MEDIUM COMES  
IN GLOSSY  
AND MATTE  
FINISHES. EITHER  
WORKS HERE.



THE SAME SIZE BAG. **3 CUPS MORE POPCORN.**



**3 CUPS MORE  
POPCORN PER BAG.\***



ORVILLE.COM

\*Comparing average popped volume by bag of Movie Theater Butter microwave popcorn (Pop Secret, 10.5 cups; Orville, 13.5 cups). Pop Secret is a registered trademark of Diamond Foods, Inc. ©ConAgra Foods, Inc. All Rights Reserved.

# family cruises

The latest ships go way beyond sand and sea with race cars, ropes courses, and fine dining. You'll never think of a cruise the same way again.



## 1 NIEUW AMSTERDAM

In a world of floating flash and glitz, Holland America offers good old-fashioned fun with tennis courts, afternoon tea, cooking classes for kids, and B.B. King's Blues Club.

[hollandamerica.com](http://hollandamerica.com)

## 2 DISNEY FANTASY

The newest ship also caters to the grown-ups with touches like a champagne bar and a '60s London-theme nightclub. Devoted Disney movie fans can indulge at the 3-D theater, and everyone will love the longer-than-two-football-fields AquaDuck water coaster.

[disneycruise.com](http://disneycruise.com)

## 3 CARNIVAL FREEDOM

With a *Green Eggs and Ham* breakfast and Bookville play and reading area, kids will love cruising with *Cat in the Hat* characters. Adults will appreciate Guy's Burger Joint, a collaboration with Guy Fieri, and everyone can take a part in the family-friendly comedy shows developed with George Lopez.

[carnival.com](http://carnival.com)

## 4 SAFARI ENDEAVOUR

It's nothing like a big-ship experience: Pick a destination on this 84-passenger vessel and get ready for adventures like snorkeling with sea lions, paddleboard races, and burro rides—plus perks like hot tubs and a massage suite.

[un-cruise.com](http://un-cruise.com)

## 5 REGAL PRINCESS

The newest in the fleet, the Regal keeps all ages happy with shore excursions geared to families. Don't miss the Sea Walk, a glass walkway 17 decks above the water, and the Vegas-style light and video show in the pool.

[princess.com](http://princess.com)

## 6 ANTHEM OF THE SEAS

One of the biggest at sea, this year-old, 4,180-passenger ship offers bumper cars, a skydiving simulator, and a glass capsule thrill ride with 360-degree ocean views. Grown-ups will get a kick out of the bar tended by a robot and enjoy Jamie Oliver's eatery.

[rccl.com](http://rccl.com)

## 7 QUEEN ELIZABETH

With Art Deco decor and dressing up for dinner, this ship indulges the formal side of life, but not minus the fun. On the sun deck, your family can face off on a croquet court or giant chess board, then head to the playroom for air hockey and crafts projects.

[cunard.com](http://cunard.com)

## 8 MSC DIVINA

Active parents will enjoy Aqua Cycling, while older kids can ride in a Formula One race car simulator. The dining's fine, too, with two restaurants from Manhattan's Eataly Italian marketplace.

[msccruisesusa.com](http://msccruisesusa.com)

## 9 NORWEGIAN GETAWAY

With a five-waterslide park, miniature bowling alley, rock climbing wall, ropes course, and bungee trampoline, you'll never hear "I'm bored." The ship's app makes it easy to stay connected to new friends. Tucked-out parents can slip away to the adults-only Vibe Beach Club.

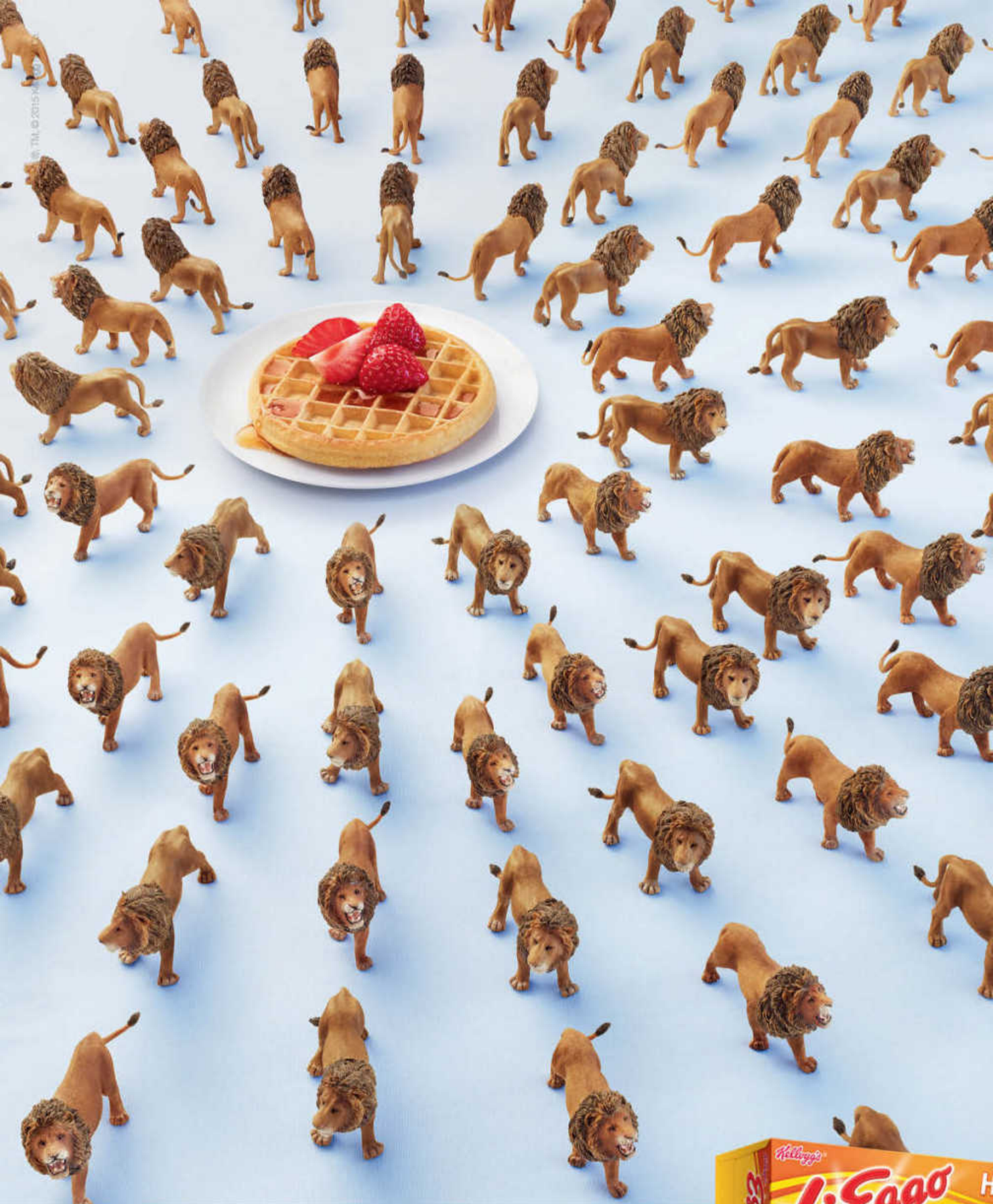
[ncl.com](http://ncl.com)

## 10 CELEBRITY REFLECTION

This upscale ship shows its high-tech side with Xbox tournaments and a video production program where kids create films with GoPro cameras. What will grown-ups do with all the free time? How about spa treatments, art classes, and wine tastings?

[celebrity.com](http://celebrity.com) ■





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## gear up BRING ON THE CHILL

Don't put off your outdoor workout plans until spring. Layer up and head out! These lightweight, hardworking pieces will keep you dry and just warm enough. Mix and match, or wear them separately as the weather changes.

**1 VIUL JACKET**  
Windproof and water-repellent material on the outside, high-quality merino wool mesh on the inside. Side vents let you air out when things heat up. \$199; [bergans.com](http://bergans.com)

**2 SWIFTY QUARTER ZIP**  
Long sleeves, soft material that's UV-protective, and a hidden zipper pocket make this a must-have. \$69; [toadandco.com](http://toadandco.com)

**3 BLISTER RESIST**  
A sole made from a mohair blend and a reinforced heel and toe mean serious comfort and lower risk of blisters. \$14; [balega.com](http://balega.com)

**4 STREAKER TIGHT**  
Flattering and functional: Moisture-wicking Drylayer fabric conforms to your shape and keeps you dry. \$105; [brooksrnning.com](http://brooksrnning.com)  
—Karen Asp

# 73

minutes

AVERAGE LENGTH OF TIME PEOPLE SPEND WORKING OUT PER WEEK (THAT'S **LESS THAN HALF OF THE 150 MINUTES RECOMMENDED** BY THE CDC).

## FIT IN 15 speed walk

This quick and effective session works on a treadmill or outside.

Created by walking workout guru Leslie Sansone, this routine combines a brisk pace and a brief incline increase to get your heart rate pumping and boost your calorie burn. "Short but intense workouts up to five times a week are better for health and weight loss results than a long, occasional workout," Sansone says. If you don't have access to a treadmill, you can easily take this routine outdoors. Just wear a watch, and adjust your pace at the intervals. —Alyssa Shaffer

TIME	INCLINE	SPEED
3 min.	0%	3 mph (moderate/warm-up)
3 min.	0%	3.5 mph (moderate/brisk)
2 min.	7%	4 mph (brisk)
2 min.	0%	4 mph (brisk)
2 min.	0%	4.5 mph (very brisk)
3 min.	0%	3 mph (moderate/cooldown)



PHOTOS: (CLOTHES) MARTY BALDWIN, (RUNNER) GETTY IMAGES





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# BEFORE & AFTER KITCHENS AND BATHS

Refresh your kitchen and bath this spring with *Better Homes and Gardens* special interest magazine, *Before & After Kitchens and Baths*. From simple upgrades to complete transformations, *Before & After Kitchens and Baths* features real-life examples and inspiration, product buying guides, and the tools needed to make your kitchen and bath look and perform better.



## ALSO IN *Before & After Kitchens and Baths*

Tips from a design and culinary expert on how to create an impeccably haute kitchen that delivers a gourmet experience.

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# FREE travel & home

## INFORMATION AND OFFERS

### travel offers

For TRAVEL offers, use the order card or go to [TravelMeredith.com](http://TravelMeredith.com)

#### ALABAMA

- 1 **Gulf Shores & Orange Beach**—Come be transformed by our sugar-white sand beaches and turquoise waters.
- 2 **ALL FLORIDA OFFERS**
- 3 **Cottage Rental Agency—Seaside**—The largest provider of private vacation rentals in Seaside, Florida, the acclaimed beach town.
- 4 **Edgewater Beach Condominium**—Edgewater Beach Condominium reigns majestically over South Walton and the emerald waters of the Gulf of Mexico.
- 5 **Embassy Suites—Miramar Beach**—Located across the street from the beach, two-room suites include cooked-to-order breakfast, evening reception and Wi-Fi.
- 6 **Garrett Realty Services**—Rent & Relax! Scenic 30A vacation rentals.
- 7 **Hilton Sandestin Beach Golf Resort & Spa**—Beachside full-service resort featuring expansive Gulfside deck, two pools, many resort activities, casual to 4-diamond dining, spa, golf and shopping!
- 8 **My Vacation Haven**—Over 140 vacation rentals in Sandestin Golf and Beach Resort, Tops'l Beach and Resort, 30A and surrounding South Walton areas.
- 9 **Pensacola**—Award-winning sugar-white beaches, plus a vibrant downtown filled with shopping, dining and history.
- 10 **Southern Vacation Rentals**—Your sweet Southern experience starts here! Stay in a beachfront condo or vacation home on 30A with Southern Vacation Rentals.
- 11 **Visit South Walton**—On Northwest Florida's Gulf Coast, South Walton's pristine sugar-white sand beaches and turquoise water complement 16 acclaimed beach neighborhoods. Find your perfect beach.

#### NEW YORK

- 12 **New York State**—Get the latest fantastic getaway information in glorious New York State.
- 13 **ALL NORTH CAROLINA OFFERS**
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- 15 **North Carolina's Crystal Coast**—More than 85 miles of coastline to explore and lodging for every lifestyle and budget. Come discover North Carolina's Gem.
- 16 **ALL SOUTH CAROLINA OFFERS**
- 17 **North Myrtle Beach**—Relaxing, nostalgic, and unexpected. With more than 15,000 spacious accommodations, make the whole family happy and Just Coast.
- 18 **South Carolina**—There's always something new to discover in South Carolina. Start planning your next adventure today!

#### 19 ALL TEXAS OFFERS

- 20 **San Antonio**—Explore the unforgettable beauty of San Antonio with unique festivals, exciting theme parks, historic landmarks and more.
- 21 **The Great State of Texas**—Find your #TexasToDo Texas has it all. Unique flavor. Breathtaking scenery. Chances to play cowboy, or art critic. Explore like a local with our #TexasToDo Films and #TexasToDo Gallery at [TravelTexas.com](http://TravelTexas.com).

#### MID-ATLANTIC

- 22 **Great Mid-Atlantic Family Vacations**—Register to win a free Getaway to the Outer Banks of North Carolina.

#### SOUTHEAST

- 23 **Great Southeast Family Vacations**—Register to win a Free Getaway to Gulf Shores/Orange Beach.

#### CAMPING

- 24 **Adventures Await**—Come discover the campgrounds of the Northeast United States for your next adventure.

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## A healthier way to...

# SIT AT YOUR DESK

Put yourself in the best position with these tweaks to your workstation.

**1 Back it up** For the most support, scoot as far back on the seat of your chair as possible, with your tailbone resting against the chair, says Karen Jacobs, Ed.D., clinical professor of occupational therapy at Boston University. Adjust the height so your feet touch the floor; use a footrest if necessary.

**2 Get the right support** The back of the chair should curve to support (and touch) your lower back. If it doesn't, invest in a lumbar support attachment.

**3 Put your computer at arm's length** Your monitor should be 18–28 inches away, with the top of the screen slightly lower than eye level. Have a desk lamp? To prevent glare, place it next to your computer, not above or behind it.

**4 Keep your wrists neutral** When you type, your elbows should bend at a 90-degree angle, and your wrists should be level with the keyboard (not arched). You might need a wrist rest or keyboard tray.

**5 Stand and stretch** Research shows that sitting for hours might raise your risk of health issues including heart disease (not to mention aches and pains), so get up and walk around about every 20 minutes.

—Sharon Liao

## eat smart EGGS

They're one of the healthiest foods around.

### ■ Why are eggs so good for you?

Eggs are nutrient-dense—meaning there's a lot loaded in that small package, says Sharon Richter, R.D. One large egg has 13 essential vitamins and minerals, including iron and calcium, 6 g protein, antioxidants lutein and choline, and just 80 calories.

■ **What about cholesterol?** Eggs do have a lot, but saturated and trans fats are much worse for your heart and cholesterol levels than the cholesterol in food.

■ **Yolk or white?** The yolk has about half the protein and a good portion of the vitamins and healthy fats—don't skip it! ■



**10%** THE RATE OF LUNG CANCER CASES LINKED TO RADON. FOR INFO ON TESTING YOUR HOME YEARLY, GO TO [EPA.GOV/RADON](http://EPA.GOV/RADON).



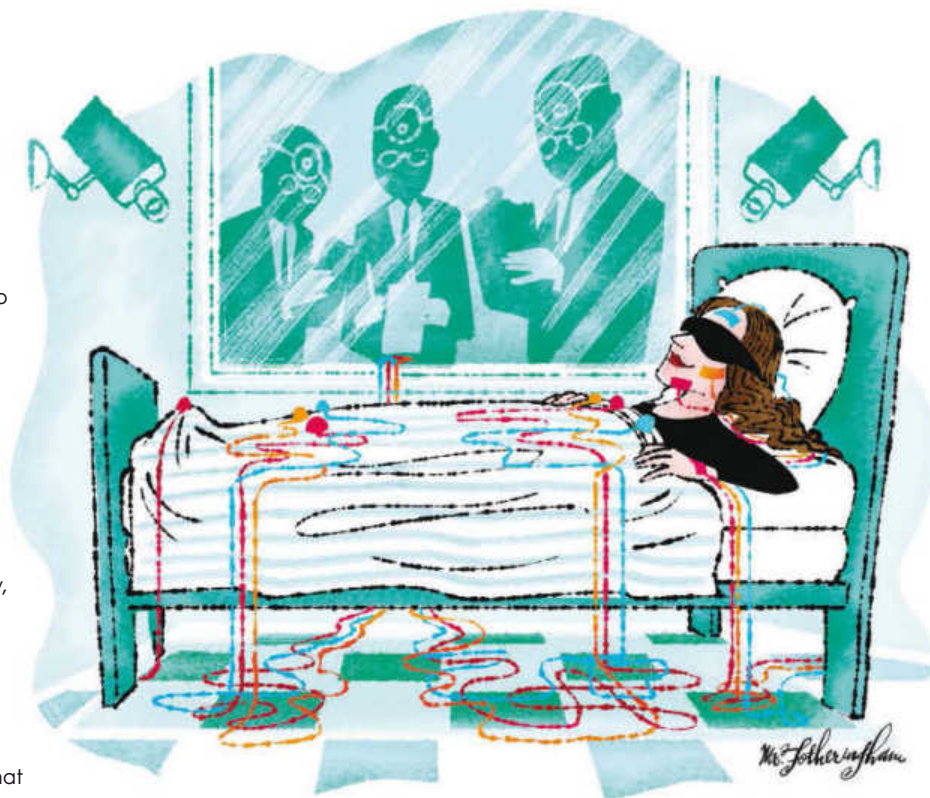
# the health nut

Our intrepid health director, **Amy Brightfield**, lies down on the job this month, wiring up for a sleep study.

**A**fter years of tortured sleep with a snorer (aka my husband), I finally convinced him to get a sleep study. The night of his test, he bombarded me with angry texts, complete with a selfie showing dozens of wires attached to his head and torso. So when he sent me off with a slightly vengeful smile to New York University Langone's Sleep Disorders Center for my own study, I wasn't exactly expecting a good night's rest. As I sat patiently on the bed, taking notes and checking e-mails, waiting for my turn to get wired up (all five rooms in the sleep center were booked that night), Boris, one of the two technicians on duty, scolded me: "You should be doing all that in the chair—not your bed!"

As Jessica, the other technician, swabbed my skin and attached sensors to my head, neck, torso, and legs, I actually felt relaxed. (After all, hypochondriacs feel safe in medical centers!) After 20 minutes, I was fully hooked to what looked like a remote control. My brain waves, breathing, heart rate, and eye, jaw, and leg movements would all be tracked throughout the night via the remote, which was connected to a main control center where all five of us would be monitored by Jessica and Boris. When I was ready for bed, Jessica put one last wire up my nose, and I turned out the lights and prayed I wouldn't have to get up to go to the bathroom.

I fell asleep easily but didn't stay that way very long; around 2 a.m. the wire fell out of my nose, and Jessica had to come in and reposition it. How is anyone supposed to sleep all wired up, anyway? Turns out you don't need a long stretch to detect a breathing disorder like sleep apnea—the reason for 80 percent of sleep studies, says David Rapoport, M.D., director of



NYU Langone's sleep medicine program.

The good news is that I don't have apnea. But I did go into deep sleep pretty quickly, which, according to Rapoport, suggests that I'm sleep-deprived. (Take that, husband who's critical of my "I need 8 hours of sleep" claim!) "The amount of sleep each person needs is individual," Rapoport says. "The key is: How do you feel the next day? However many hours you need to feel well-rested is the amount you need. For most people, that's between seven and eight hours, but for a rare few it could be six."

Now, back to my sleep deprivation problem. Can you make up for lost sleep? Rapoport says yes: "Sleep debt is like a mortgage; you can borrow, but you have to pay it back." Experts say it's best to do that by going to bed earlier—not by sleeping in. "Waking up at the same time resets your body's circadian rhythm," says sleep specialist Michael Breus, Ph.D. For two or three nights after you've stayed up late, go to bed 30 minutes earlier than usual. Because I'm not one of those rare few who needs just six, I'll be turning in early tonight. ■

## THE BIG SLEEP STEALERS

### CAFFEINE

Because it lasts 8–10 hours in your body, your cutoff is 2 p.m. Also watch out for drinks with the stimulants guarana and ginseng.

### ALCOHOL

It keeps you out of the deeper stages of sleep. Your last drink should be 3 hours before bed.

### WAKE-UP TIME

Inconsistency here upsets your body's sleep pattern. Better to get up at the same time—even on weekends.

# get nutty

Full of healthy fats and so many key nutrients, you can't go wrong with one of these nut butters.

## ALMOND

A notable nondairy source of bone-building calcium, almond butter has a respectable 11 percent of the daily amount in 2 Tbsp. You also get vitamin E, a key ingredient for healthy skin and hair.

## CASHEW

The secret weapon here is magnesium (26 percent of your daily dose in 2 Tbsp.), which helps your muscles relax and keeps your mood on an even keel. You'll also get zinc and selenium, which strengthen your immune system.

⌵  
NATURAL NUT BUTTERS SEPARATE. STORE UNOPENED JARS UPSIDE DOWN TO MAKE MIXING EASIER.

## PEANUT

The classic is a protein powerhouse, with 2 Tbsp. giving you 8 g. It also contains phytosterols, compounds that help keep good (HDL) and bad (LDL) cholesterol at the right levels.

## 3 MORE TO TRY

**1 HAZELNUT** These nuts are a top source of folate—an important nutrient that can protect against heart disease, depression, and birth defects.

**2 WALNUT** It's one of the few nonfish sources of omega-3 fatty acids (crucial to heart and brain health), and it's high in healthy polyunsaturated fats.

**3 PISTACHIO** These little guys have been shown to help keep blood sugar levels in check, making pistachio butter an ideal option for staving off hunger. ■

**SOURCES:** Heather Mangieri, R.D., sports nutrition specialist and spokesperson, The Academy of Nutrition and Dietetics. Jackie Newgent, R.D., chef, nutritionist, author of *The With or Without Meat Cookbook*.



# WELCOME TO THE **CLUB** SNACK BAR TODAY'S SPECIALS

THE VEGGIE  
CLUB



THE PB&J  
CLUB



THE HAM & CHEESE  
CLUB



Turn your kitchen into the family snack bar  
with light, flaky, buttery **Club® Snack Crackers**.  
For satisfied customers, every time.





# BHG throwback 1973 BLACK & WHITE

We offer proof positive that this elemental color combo stands the test of time.

**THE ORIGINAL** From our February 1973 issue, a large-scale Marimekko wall hanging, *right*, establishes a high-contrast palette with a Scandinavian accent. Warm wood tones and a salt-and-pepper rug soften the stark combo of white walls and black chair.

**THE UPDATE** Building on the simplicity of that palette, our picks sport clean lines and basic silhouettes. The patterns and materials, however, go a step further by emphasizing bold geometric shapes, vintage forms, and a sense of the handmade.



## 1 DINNERWARE

Tickar Series, from \$2.99 each; [ikea.com](http://ikea.com)

## 2 PILLOWS

Pirput Parput and Pienet Kivet pillow covers, \$65 each; [marimekko.com](http://marimekko.com)

## 3 VOTIVES

MQuon, \$50 each; [spartan-shop.com](http://spartan-shop.com)

## 4 TRAY

LG Star Textile Tray, \$40; [studiopianonobile.com](http://studiopianonobile.com)

## 5 PENDANT

Bromi Design B6101, \$56.95; [build.com](http://build.com)

## 6 POUF

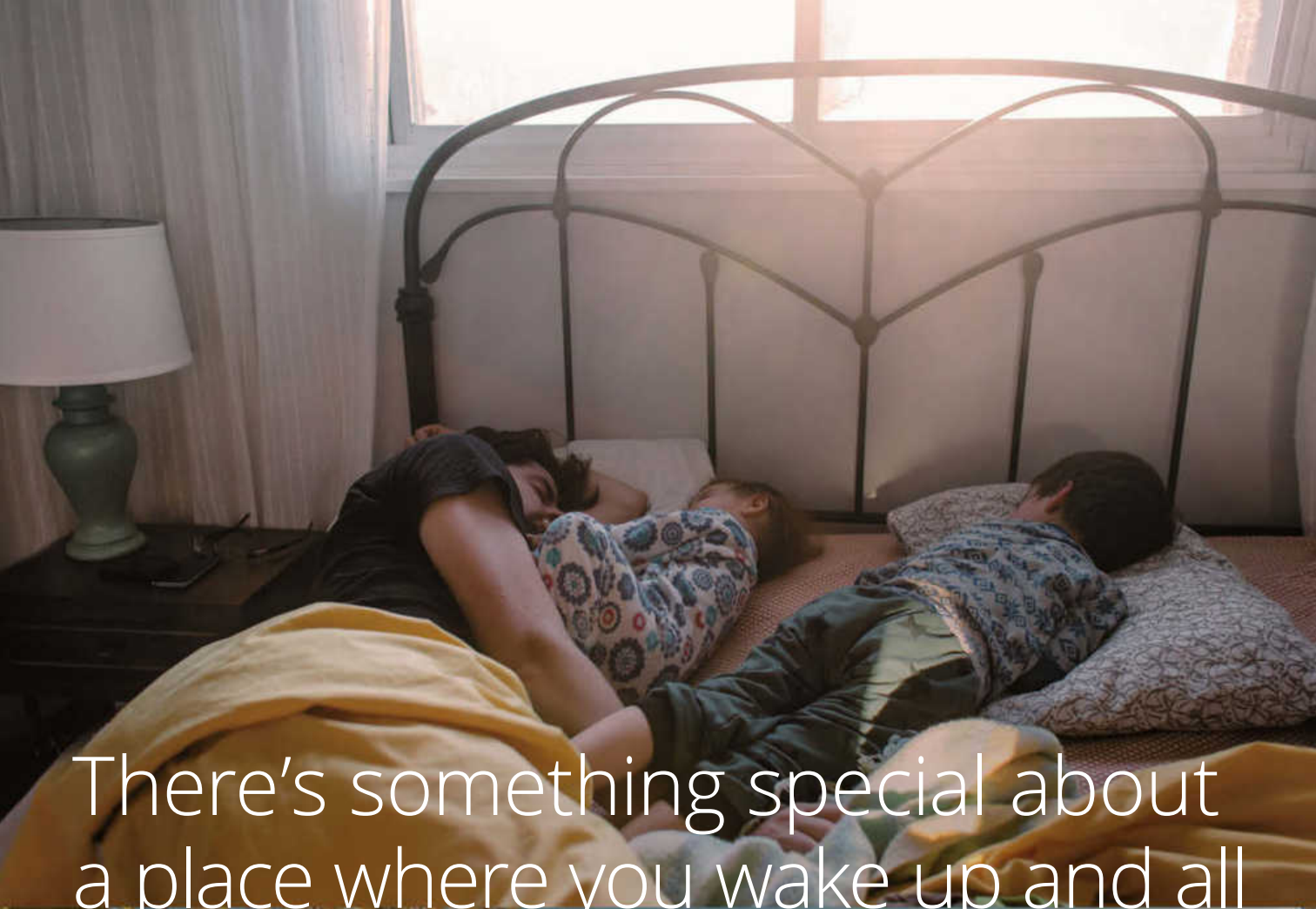
B&W Moroccan Pouf, \$149; [dotandbo.com](http://dotandbo.com)

## 7 SOFA

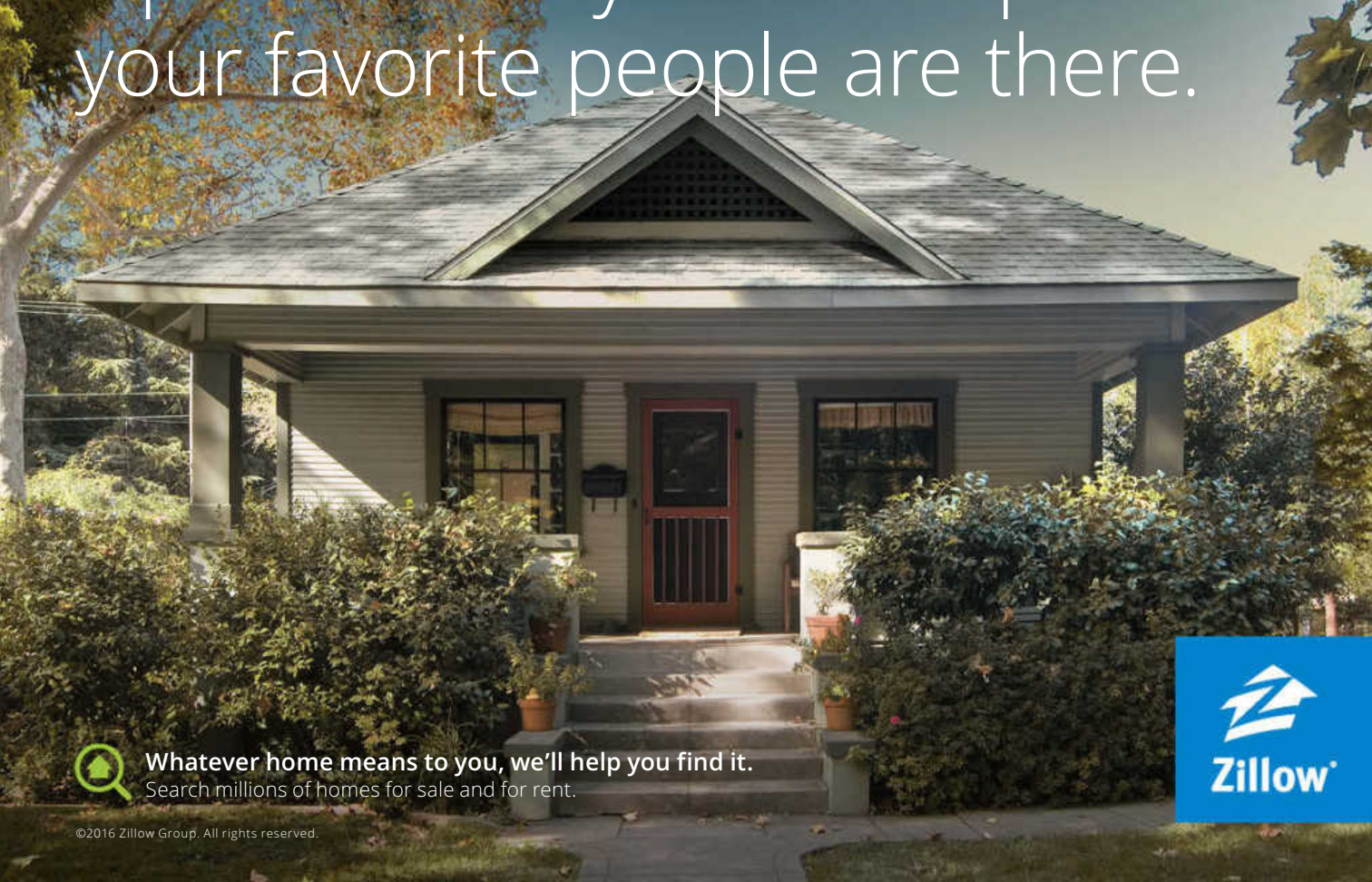
Jack Loveseat, \$1,950; [schoolhouseelectric.com](http://schoolhouseelectric.com) ■

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I want to be

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wish I understood

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